

## WHY YOU SHOULD DO GIANT SETS TRAINING



Giant sets are doing 4 or more exercises back-to-back with no break. During these sets you can either pair exercises that are non-competing, in other words opposing muscle groups, or you can target the same muscle.

For example, you might do an overhead press, a lateral raise, a rear-delt raise and an upright row for shoulders — then rest a few minutes to catch your breath and repeat.

### WHAT ARE THE BENEFITS?

- Improve muscular endurance and cardiovascular performance.
- Increase athletic performance.
- Can be time efficient.
- Boosts mood and mental health.
- Can promote weight loss.
- Good for motivation.
- Effective for burning calories and building strength.