

Fast Workout Guide

by trainer winny

If you really value your time, and you want to **finish your workout in the fastest way possible**, this is the guide for you.

With the techniques used, you will be able to get your **workout done even 2x faster!**

For each variation of your training plan, **I added a Fast Workout option**, so you do not even have to create it yourself – you just have to follow!

You can spot the Fast Workout variations by them having „**(FW)**“ in the name.

The main strategy to accomplish this, is taking advantage of **antagonist body parts**.

Antagonist body parts are body parts that are **directly opposing each other**.

Main examples of this are:

Chest -> Back

Biceps -> Triceps

Quads -> Hamstrings

These body parts can be used in what is called the **antagonist super set**, where you **do both of them right after the other with basically no rest in between** – just the time it takes you to walk from one station to the other.

This is possible because these body parts are **directly opposing each other**, which allows you to train them right after the other without much trouble.

For example, if you train your **chest** and **back** right after the other, you will not be compromising *almost* any performance.

Generally, you can expect that your **performance will drop by a tiny bit**, but as you get used to training like this, it will get much better.

You are basically **trading a little bit of your performance, for A LOT of saved time**, which is a pretty good trade off in my opinion.

You can maintain almost all of your power in the antagonist super sets, because **if the body parts in the super set are not clashing with each other, one of them can always rest** while the other one is being worked.

For example when you **train your back**, your **chest is resting**, and the other way around.

So you can eliminate a lot of the dead time that would normally be spent on resting in between the sets.

Yes, you will still be resting in between the sets – but **not just after one exercise**, but **after you finish one whole antagonist super set**.

Most commonly the antagonist super set will look like this:

CHEST + BACK

horizontal push__3sets__8-12reps__(barbell benchpress, dumbbell benchpress, weighted pushup)

vertical pull__3sets__8-12reps__(pull up, chin up, lat pulldown machine, dumbbell pullover)

Here, you would **start with the horizontal push** – once you finish it, you **move to the first set of vertical pull right after**.

Once you also finish the vertical pull, you can now take your usual **rest between the sets**.

And you repeat this 3 times.

The body parts **do not always have to be directly opposing each other** for this technique to work, the main requirement is that they **do not directly clash** with each other.

And sometimes, you might even see a super set like this, that consists of **3 exercises** instead of just 2.

SHOULDERS+ TRICEPS+ BICEPS

rear delt movement__2sets__15-20reps__(rear delt fly, reverse pec deck, face pull)

overhead extension__2sets__12-15reps__(skull crusher, overhead triceps extension with cables or dumbbells)

brachialis & brachioradialis curl__2sets__12-15reps__(hammer curl, any curl with overhand grip)

But you proceed in the same exact way, you **start from the top exercise**, and then move in order towards the bottom until you **reach the last one**, and that is when you **rest**.

So in this example, you start with the rear delt movement, then move to the overhead extension right away, and then instantly you go do your brachialis & brachioradialis curl.

Once you finish one round of this super set, you can take your regular rest between the sets.

Then repeat until you are finished.

For the body parts of the lower body you will see that the **big compound movements like squats** for example, are **not put into an antagonist super set**.

Which i could have done, but there is an **issue** with that, which is why i decided against it.

We all know how **taxing** an exercise like squats can be, it is sometimes so taxing that once you finish it you just need to sit down..

And that is the reason why they are not in an antagonist super set, because **it would be way too taxing and way too stressful**.