

23 Combination Exercises to Make Your Client Workouts More Exciting

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After you've been training clients for a while, inevitably some of them might start to request that you give them something new, different, and "exciting." A simple way to put a fresh spin on your client workouts is to include combination exercises, which are a combination of two or more different exercises within a single rep. These are different from circuits and complexes where your clients complete all the reps one exercise before moving on to the next exercise. Observe:



https://www.youtube.com/watch?v=SQ_DIOSWawM

As the video above demonstrates, you instruct your client to do one rep of the first exercise, one rep of the second, and continue alternating back and forth between the two movements until your set is finished. The idea of combination exercises gives clients a little bit of what they want, but you can incorporate things they need as well.

Why combination exercises? You can easily do combination exercises in a busy gym and don't require the skill of complexes (which is great for less experienced clients). But like circuit training and complexes, your clients will love the fact that combination exercises help them burn fat and improve conditioning.

Checklist

Things to consider when programming combination exercise:

1. **CHOOSE THE RIGHT COMBINATIONS**

Look for movement combinations that allow for a fluid transition from one to the next. Avoid combining movements that have very different loading needs. For example, trying to combine a deadlift with a reverse curl is a waste of your time. Instead, find movements that can apply a challenging weight for both movements.

2. **PICK THE RIGHT RESISTANCE**

When choosing resistance, select client's weakest movement. For example, if your client can overhead press 100 pounds and front squat 150, use 100 pounds as the starting weight for a front squat to press combination exercise.

3. **SET APPROPRIATE REP RANGES**

Keep rep ranges low, around 6-12 reps, when first starting these with clients.

4. **CHOOSE THE RIGHT TOOL FOR THE JOB**

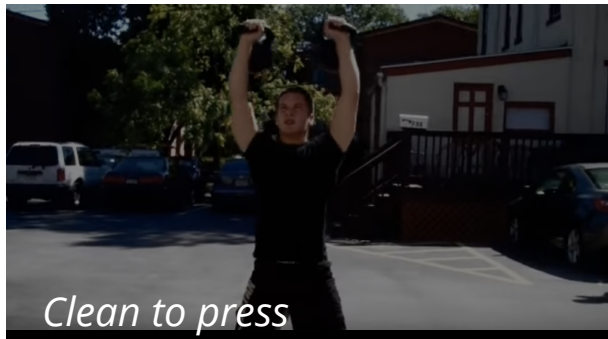
Dumbbells and resistance bands are extremely versatile because you can go bilateral, unilateral, or ipsilateral if you please. If your clients have strength imbalances, balance issues or need extra core work, these are right tools for the job.

Others like the kettlebell and barbell have a higher learning curve. If your client hasn't mastered the hip hinge pattern, he or she shouldn't be anywhere near a kettlebell. Save some of the barbell combo movements for your more advanced clients.

5. **PICK THE RIGHT TIME TO HAVE YOUR CLIENT DO THE EXERCISE**

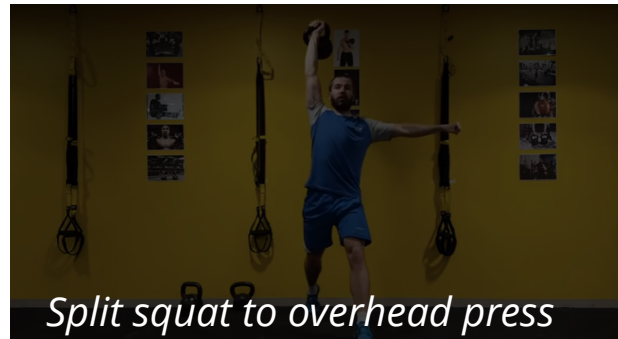
Program these movements after your client's warm-up and core exercises when your clients are fresh.

Kettlebell Combo Movements



Clean to press

<https://www.youtube.com/watch?v=LCL1t4e9as0>



Split squat to overhead press

<https://www.youtube.com/watch?v=p07V1ypx7H8>



S.L deadlift with row

https://www.youtube.com/watch?v=_HrQWcF3XVQ



Push up to Renegade row

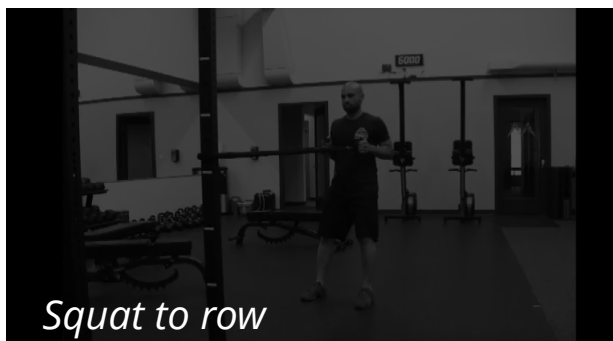
<https://www.youtube.com/watch?v=QwdnEI8fAeM>

Resistance Bands Combo Movements



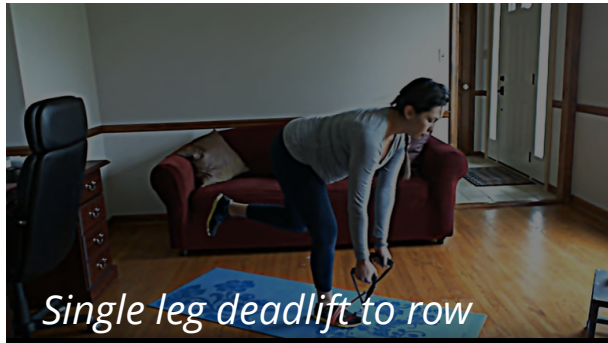
Unilateral squat to press

<https://www.youtube.com/watch?v=KXmexVubVQI>



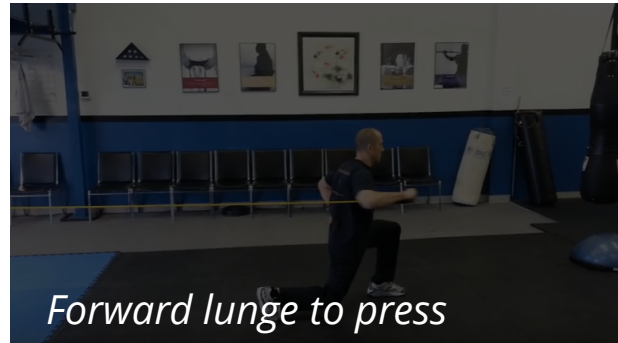
Squat to row

<https://www.youtube.com/watch?v=zI6k0HWVxyk>



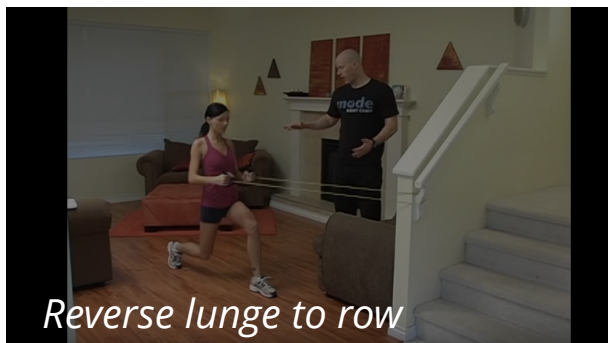
Single leg deadlift to row

<https://www.youtube.com/watch?v=Xn4ABuwsunY>



Forward lunge to press

https://www.youtube.com/watch?v=ApviTe1_i_M



Reverse lunge to row

https://www.youtube.com/watch?v=3RzaR1aDx_k



Row to triceps extension

<https://www.youtube.com/watch?v=f7Cq3n40axQ>



Pull/twist/push

<https://www.youtube.com/watch?v=FBtYNp77gao>

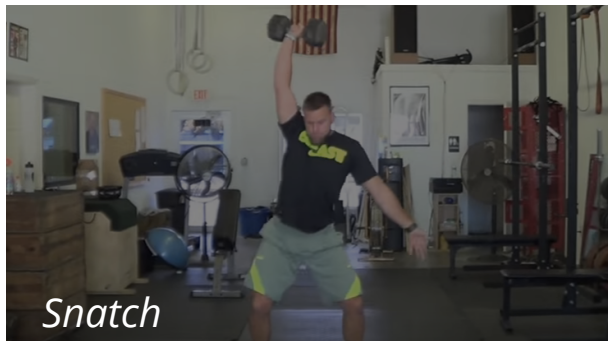
Dumbbells Combo Movements



<https://www.youtube.com/watch?v=3aGJzxRQxO4>



<https://www.youtube.com/watch?v=7jMRIWDbcAY>



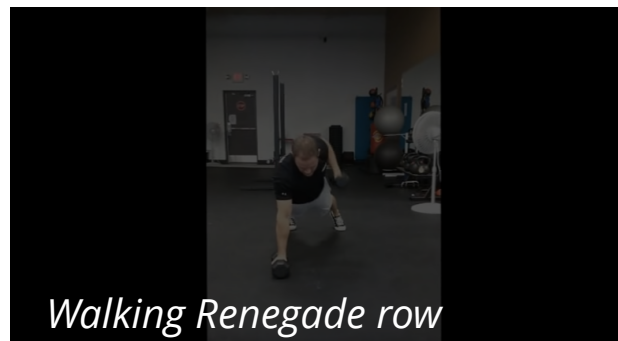
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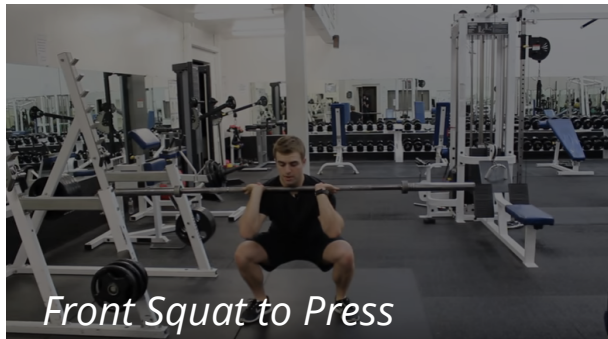


https://www.youtube.com/watch?v=d_5V7WR2d-Y



<https://www.youtube.com/watch?v=VdN7Nf7Ya-o>

Barbell Combo Movements



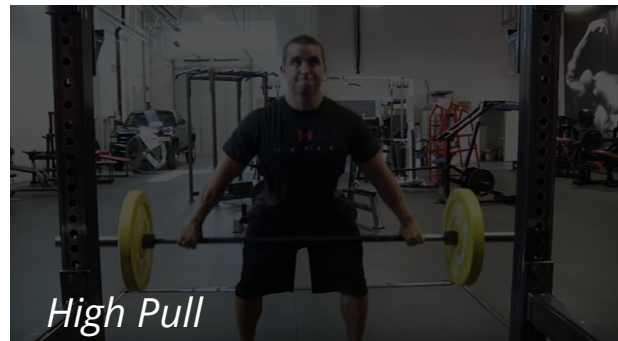
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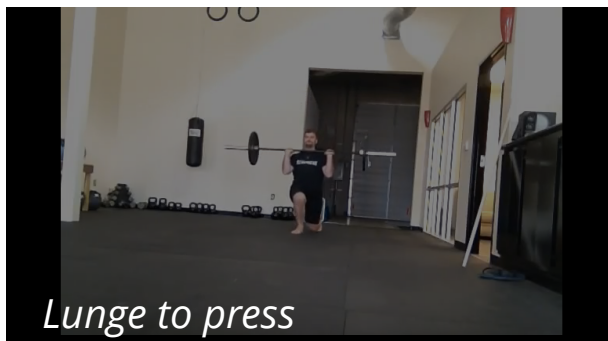
https://www.youtube.com/watch?v=3wP_XCJCptI



https://www.youtube.com/watch?v=KnofbY_QufU



<https://www.youtube.com/watch?v=5YBexETP3-E>



<https://www.youtube.com/watch?v=W0bb4UvMDf0>



<https://www.youtube.com/watch?v=pajZn-M-r4Q>