

# How to Incorporate Compound Sets Into Your Training



**1**

Perform a more intense exercise followed by a second exercise of lesser exertion or complexity.

**2**

Use exercises that do not place excessive force on smaller joints of the body such as the wrists or ankles.

**3**

Allow for adequate recovery in between sets and exercise days.

**4**

Think about your specific use case. Is this part of your goals?