

# Upper Body Superset Workout

**The workout:** Complete each exercise in the superset for the number of repetitions indicated. Rest for 60-90 seconds. Repeat the superset two to three times. Then move on to the next superset.

**Superset:** A group of exercises performed after one another with little to no rest. Used to help reduce time and increase the aerobic benefits and muscular endurance of a workout.

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## SUPERSET 1

### A1. Bench press

**Equipment:** Barbell, dumbbell or bodyweight pushups

**Repetitions:** Choose a rep range that feels comfortable for you

Bench press is a compound movement that strengthens the chest and triceps. It also develops shoulder and wrist stability.

[Watch: how to do a bench press](#)

### A2. Tricep dips

**Equipment:** Dip bars or bodyweight

**Repetitions:** 3 x 15

Tricep dips strengthen the triceps and chest. It also develops shoulder and wrist stability.

[Watch: how to do a tricep dip](#)

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## SUPERSET 2

### B1. Overhead press

**Equipment:** Barbell or dumbbell

**Repetitions:** 3 x 8-12

Overhead press strengthens the muscles surrounding the shoulder as well as the triceps. It helps with core stability and can be done in many different variations.

[Watch: how to do an overhead press](#)

### B2. Lat pulldowns

**Equipment:** Lat pulldown machine or bands

**Repetitions:** 3 x 8-12

Lat pulldowns strengthen the back, primarily working the lats but also the biceps and shoulder muscles. It is helpful for developing stronger posture.

[Watch: how to do a lat pulldown](#)

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## SUPERSET 3

### C1. Bent over rows

**Equipment:** Barbell or dumbbell

**Repetitions:** 3 x 8-12

Bent over rows primarily strengthen the lats and traps but also develop strength and stability in the whole posterior chain.

[Watch: how to do a bent over row](#)

### C2. Bicep curls

**Equipment:** Barbell or dumbbell

**Repetition:** 3 x 8-12

Bicep curls strengthen the biceps and can help develop stronger posture as you engage your stabilizing muscles.

[Watch: how to do a bicep curl](#)

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## SUPERSET 4

### C1. Arnold shoulder press

**Equipment:** Dumbbells

**Repetitions:** 3 x 8-12

The Arnold shoulder press strengthens the traps, deltoids and triceps. It is a dynamic movement that works most muscles around the shoulder joint.

[Watch: how to do an Arnold press](#)

### C2. Bent over reverse fly

**Equipment:** Dumbbells

**Repetition:** 3 x 8-12

Bent over reverse flies strengthen the rear deltoids and lats. It is a helpful movement to develop stability and strong postural muscles.