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.

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

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

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

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 flyes strengthen the rear deltoids and lats. It is a helpful movement to develop stability and strong postural muscles.