



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



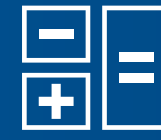
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THE BEST UPPER BODY WORKOUT ROUTINE

Learn all about the most important exercises to incorporate into an upper body workout routine (Plus we provide 3 full workouts that put it all together)!

Link to Workout: <https://www.muscleandstrength.com/workouts/the-best-upper-body-workout-routine>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 18 Weeks
Days Per Week: 4 Days

Time Per Workout: 60-90 Mins
Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Machines, Other
Author: [M&S Team](#)

Beginner Upper Body Workout Split

Exercise	Sets	Reps
Day 1: Beginner Upper Body Workout		
5 Sec Eccentric Only Pull Up	3	6
Seated Cable Row	3	6 - 8
Push Up	3	8 - 10
Half Kneeling Single Arm Landmine Press	3	6 Each
Farmer's Carry	3	20 Yards
Day 2: Beginner Lower Body Workout		
Goblet Squat	3	12
Landmine Romanian Deadlift	3	12
Dumbbell Step Up	3	8 Each
Bodyweight Hip Thrust	3	10
Day 3: Beginner Upper Body Workout		
Inverted Row	3	6 - 8
Concentric Pull Up Hang	3	5 - 15 Secs
5 Sec Eccentric Only Dips	3	6
Half Kneeling Kettlebell Press	3	6 Each
Farmer's Carry	3	20 Yards
Day 4: Beginner Lower Body Workout		
Trap Bar Deadlift	3	6
Bodyweight Box Squat	3	8
Bodyweight Reverse Lunge	3	8 Each
Dead Bugs	3	6 - 8 Each

Intermediate Upper Body Focused Workout Split

Exercise	Sets	Reps
Day 1: Intermediate Upper Body Workout		
Band Assisted Pull Ups	3	8 - 12
Standing Cable Row	3	8 - 12
Floor Press	3	8 - 12
Full Kneeling Dumbbell Press	3	8 - 12
Dumbbell Hammer Curls	2	12 - 15
Farmer's Carry	4	40 Yards
Day 2: Intermediate Lower Body Workout		
Front Squat	3	8 - 12
Dumbbell Stiff Leg Deadlift	3	8 - 12
Dumbbell Split Squat	3	6 Each
Weighted Hyperextension	3	12 - 15
Calf Raise	3	15 - 20
Lying Leg Raise	3	15 - 20
Day 3: Intermediate Upper Body Workout		
Dumbbell Row	3	8 - 12
Weighted 5 Sec Eccentric Pull Up	3	6 - 8
Band Assisted Dips	3	8 - 12
Z Press	3	6 - 10
Incline Skullcrusher	2	12 - 15
Farmer's Carry	4	40 Yards
Day 4: Intermediate Lower Body Workout		
Sumo Deadlift	3	6
Goblet Box Squat	3	12 - 15
Walking Bodyweight Lunge	3	15 Each
Eccentric Only Nordic Leg Curl	3	6 - 8
Calf Raise	3	15 - 20
Bicycle Crunch	3	15 - 20

Advanced Upper Body Focused Workout Split

Exercise	Sets	Reps
Day 1: Advanced Upper Body Workout		
Pull Up	4	Max
T-Bar Row	4	8 - 12
Overhead Press	4	6 - 8
Incline Dumbbell Press	4	8 - 12
Cable Face Pull	3	12 - 15
A1. Standing Dumbbell Curl	3	12
A2. French Press	3	12
Farmer's Carry	5	60 Yards
Day 2: Advanced Lower Body Workout		
Barbell Back Squat	4	6 - 8
Bulgarian Split Squat	3	8 - 12 Each
Leg Curl	3	8 - 12
Hip Abduction Machine	3	8 - 12
Weighted Hyperextensions	3	15 - 20
Calf Raise	3	20
Hanging Leg Raise	3	12 - 15
Day 3: Advanced Upper Body Workout		
Bent Over Row	4	6 - 8
Lat Pull Down	4	8 - 12
Barbell Bench Press	4	6 - 8
Standing Dumbbell Press	3	8 - 12
Dips	3	Max
A1. Preacher Curl	3	12
A2. Rope Tricep Extension	3	12
Farmer's Carry	5	60 Yards
Day 4: Advanced Lower Body Workout		
Romanian Deadlift	4	6 - 8
Leg Press	4	10 - 12
Weighted Walking Lunge	3	15 Each
Nordic Hamstring Curl	3	8 - 12
Calf Raise	3	20
Weighted Crunch	3	15 - 20