



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



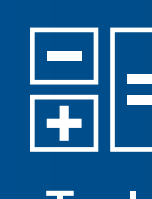
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## RP-21 MUSCLE BUILDING WORKOUT PROGRAM (BACK FOCUS)

Learn which two moves are key to building a wide and thick upper back. Then, check out the workout using the two moves to improve your overall physique!

Link to Workout: <https://www.muscleanstrength.com/workouts/build-wider-back>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 8 Weeks  
**Days Per Week:** 5 Days

**Time Per Workout:** 60-90 Mins  
**Equipment:** Barbell, Bodyweight, Dumbbells, Machines  
**Author:** Eric Brown

### Day 1: Dips & Chins

Exercise	Sets	Reps
<b>Superset</b>		
<a href="#">Dips</a>	7	3
<a href="#">Chin Ups</a>	7	3
<b>Superset</b>		
<a href="#">Dips</a>	6	5
<a href="#">Chin Ups</a>	6	5
<b>Superset</b>		
EZ Curl Bar <a href="#">Pullover</a>	4	8
Weighted <a href="#">Push Up</a>	4	8

### Day 2: Lower Body

Exercise	Sets	Reps
<b>Superset</b>		
<a href="#">Sumo Deadlift</a>	7	3
Glute Ham Raise	7	3
<b>Superset</b>		
<a href="#">Hip Thrusts</a>	6	5
<a href="#">Barbell Reverse Lunge</a>	6	5 Each Leg
<b>Superset</b>		
<a href="#">Standing Calf Raise</a>	4	8
<a href="#">Seated Calf Raise</a>	4	8

### Day 3

Exercise	Sets	Reps
<b>Superset</b>		
Pause <a href="#">Pull Ups</a>	7	3
<a href="#">Overhead Press</a>	7	3
<b>Superset</b>		
<a href="#">Dumbbell Pullover</a>	6	5
<a href="#">1 Arm Row</a>	6	5 Each Arm
<b>Superset</b>		
<a href="#">Lateral Raises</a>	4	8
<a href="#">Wide Grip Upright Row</a>	4	8

### Day 4

Exercise	Sets	Reps
<b>Superset</b>		
Heels Elevated <a href="#">Barbell Squat</a>	7	3
<a href="#">Barbell Hack Squat</a>	7	3
<b>Superset</b>		
<a href="#">Sissy Squat</a>	6	5
<a href="#">Walking Dumbbell Lunges</a>	6	5 Each Leg
<b>Superset</b>		
<a href="#">Seated Calf Raises</a>	4	8
<a href="#">Standing Calf Raises</a>	4	8

### Day 5

Exercise	Sets	Reps
<b>Superset</b>		
<a href="#">Incline Bench Press</a>	7	3
Rack Pull	7	3
<b>Superset</b>		
<a href="#">Flat Dumbbell Bench Press</a>	6	5
<a href="#">Neutral Grip Pull Up</a>	6	5
<b>Superset</b>		
<a href="#">Decline Tight Dumbbell Press</a>	4	8
<a href="#">Barbell Bent Over Rows</a>	4	8