



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



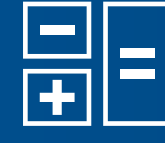
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SUPERSET & TRISET CHEST & BACK WORKOUT BY MUSCLEPHARM

Blast your back and chest in the same workout with this high volume, intense superset and triset-focused training plan from Cory Gregory and MusclePharm.

Link to Workout: <https://www.muscleandstrength.com/workouts/superset-triset-chest-back-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 1 Day

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells

Author: Cory Gregory

Superset & Triset Workout

Exercise	Sets	Reps
Superset		
Barbell Bench Press	6	20, 15, 12, 10, 8, 6
V - Bar Pull Ups	6	10 - 15
Superset		
Incline Bench Press	5	8
Two Arm Dumbbell Rows	5	10
Superset		
Dumbbell Fly	5	12
Lat Pulldown	5	12
Triset		
Dips (Add Weight if Needed)	5	10
Dumbbell Pullover	5	12
Cable Crossover	5	12
Back Extensions	3	30
Toes to Bar	3	12 - 15

