

# WEEKLY 5 DAY SUPERSET WORKOUT ROUTINE

Created by: [Murshid Akram](#)

Check out article for more info

## SCHEDULE

- Monday – Back and Shoulder
- Tuesday – Legs and Triceps
- Wednesday – Chest and Biceps
- Thursday – OFF
- Friday – Back and Core
- Saturday – Chest and Legs
- Sunday – OFF

This routine includes two sessions for the chest, back, and legs (large muscle groups) and one session for the arms, shoulder, and core.

**Note:** You can make appropriate changes based on your fitness level and goal.

**Rest between supersets:** 30-sec to 2 minutes.

## Monday – Back and Shoulder

Superset	Sets x Reps
Pullups + Overhead Presses	3 x 12
V-Grip Lat Pulldown + Lateral Raises	3 x 12
Seated Cable Row + Rear Delt Fly	3 x 12
1-arm DB Row + Shrug	2 x 15

## Tuesday – Legs and Triceps

Superset	Sets x Reps
Back Squats + Bar Dips	3 x 12
Front Lunges + Skull Crushers	2 x 12
Leg Curls + Pushdowns	3 x 12
Hip Thrusts + Overhead Extensions	2 x 12

## Wednesday – Chest and Biceps

Superset	Sets x Reps
Bench Press + Chinups	3 x 12
Incline Hammer Press + Preacher Curls	3 x 12
Pec Deck Fly + Incline DB Curl	2 x 12
Pullover + Hammer Curl	2 x 12

## Friday – Back and Core

Superset	Sets x Reps
V-Grip Pulldown + Hanging Knee Raises	3 x 12
Seated Cable Rows + H2L Chop	3 x 12
T-Bar Row + Kneeling Cable Crunch	3 x 12
Standing Lat Pulldown + Ab Wheel Rollout	2 x 10

## Saturday – Chest and Legs

Superset	Sets x Reps
V-Grip Pulldown + Hanging Knee Raises	3 x 12
Seated Cable Rows + H2L Chop	3 x 12
T-Bar Row + Kneeling Cable Crunch	3 x 12
Standing Lat Pulldown + Ab Wheel Rollout	2 x 10

### OTHER SUPERSETS:

[Pair 1 – Chest and Back Superset Workout](#)

[Pair 2 – Superset Triceps and Biceps Workouts](#)

[Pair 3 – Superset Workout for Legs and Core](#)

[Pair 4 – Superset for Back and Shoulder](#)

[Pair 5 – Superset Chest and Core Training](#)

[Pair 6 – Superset Back and Core Workout](#)

[Pair 7 – Superset Workout for Legs and Triceps](#)

[Pair 8 – Superset Training for Biceps and Legs](#)

[Pair 9 – Legs and Shoulders Superset Workout](#)

[Pair 10 – Upper Lower \(Full Body\) Superset Workout](#)

### Related Workout Routine:

- [3 Day Superset Workout to Build Muscles](#)
- [The Best 4-Day Superset Workout Schedule](#)
- [30-Day Superset Workout with Dumbbells at Home](#)

Thefitnessphantom.com