

# 20 Best Superset Workout Examples

Let's understand more about Superset with some examples. I'll share as many as 20 examples that you can include in your exercise plan.

## Pair 1: Chest and Back Superset

The back and chest are antagonist muscle groups and can be paired for superset training.

The chest works during the [push exercises](#), while the back muscles are activated during the [pull movements](#).

However, both are large muscle groups. So, it is best to integrate an appropriate [combination of compound and isolation exercises](#) for the best results.

### Example 1: 30-minute Workout

- **Superset 1:** 10 Front Lat Pulldowns + 10 Incline DB Bench Presses x 2
- **Superset 2:** 10 Seated Cable Rows + 10 Pec Deck Flyes x 2
- **Superset 3:** 10 Bent-over Rows + 10 Bar Dips x 2
- It includes 60 reps for the back and chest each.
- Rest for 30 seconds to 2 minutes after each superset.

## Example #2: 45-minute Workout

Back	Chest	Sets
6-8 Pullups	10-12 Pushups	3
12-15 Lat Pulldown	10-12 Barbell Bench Press	3
12-15 Seated Rowing	10-12 Incline DB Bench Press	3
10-12 Bent-over Row	15 Pec Dec or Cable Fly	2

## Example #3: 60-minute Workout

Chest	Back	Sets
10-12 Incline DB Press	10-12 V-Grip Pulldown	3
10-12 High-to-Low Cable Fly	12-15 T-Bar Rowing	3
10-15 Bar Dips	12-15 Seated Cable Row	3
10-15 Dumbbell Pullover	One-arm Row (10/side)	3

## Pair 2: Triceps and Biceps Superset

Sometimes, the arms don't get enough training, especially during the [push-pull-legs \(PPL\)](#) and full-body workout. But if you want to [focus more on biceps and triceps](#), you can do the following supersets for arms.

## Example #4: Superset Arms Workout

Triceps	Biceps	Sets
Bar Dips	Chinups	3
Skull Crusher	EZ Bar Bicep Curl	3
Cable Pushdown	Incline DB Curl	3
Overhand Triceps Extension	Preacher Curl	3

## Example #5: High Volume Superset Arms Workout

Biceps	Triceps	Sets
8-10 Chinups	10-15 Bar Dips	3

10-12 Chinups	12-15 Triangle Pushups	3
10-15 Cable Curl	10-15 Rope Pushdown	3
12-14 Spider Curl	12-14 Cable OH Extension	3
10-12 Hammer Curl	10-12 Triceps Kickback	3

## Pair 3: Legs and Abs Superset

Pairing [legs and abs](#) can be challenging, but it can help you enhance your cardiovascular fitness and build a firm physique. **Here are a few examples:**

### Example #6

Leg	Core	Sets
15-20 DB Front Squat	15-20 <a href="#">Hanging Knee Raises</a>	3
12-16 Machine Leg Press	10/side High-to-Low Chop	3
10-12 <a href="#">Dumbbell RDL</a>	8-10 Decline Bench Crunch	3
15-20 Calf Raises	6-8 Ab Wheel Rollout	3

### Example #7

Core	Legs	Sets
10 Hanging Knee Raises	10 Back Squats	Three
10 Kneeling Cable Crunches	15 Leg Extension	Three
10 <a href="#">Kneeling DB High-to-Low Chop</a>	15 Leg Curl	Three
45-sec Plank	12 Hip Thrusts	Three

## Pair 4: Back and Shoulder Superset

Supersetting back and shoulder is an excellent way to pump your upper body. Many Bodybuilders and Powerlifters train their [shoulders and back together](#) for strength and size.

I've got some examples that you may want to incorporate into you [muscle-building exercise program](#).

## Example #8

Back	Shoulder	Sets
5 Pullups	10 DB Overhead Presses	3
5 Standard Deadlifts	10 DB Lateral Raises	3
12 V-Grip Lat Pulldowns	10 <a href="#">Rear Delt Flyes</a>	3
12 Seated Cable Rows	10 Shoulder Shrugs	3

## Example #9

Shoulder	Back	Sets
6-10 Military Presses	10-12 Lat Pulldown	3
10-12 DB Lateral Raises	10-12 Cable Seated Row	3
12-15 Pec Deck Reverse Fly	12-15 T-Bar Row	3
10-12 Barbell Front Raises	1-arm DB Row (10/side)	3

## Pair 5 – Chest and Core Superset

You can pair the pecs and [core exercises](#) to build a firm and sculpted torso.

Here are two examples of a combined chest and core workout you can add to your program.

### Example #10

Chest	Core	Sets
15 Pushups	10 Hanging Knee Raises	2
12 Flat Barbell Bench Press	10/side H2L Chop	2
10 Incline DB Bench Press	10 Kneeling Cable Crunch	2
10 Pec Dec or Cable Fly	10 Machine Ab Crunches	2
10 Bar Dips	10 Lying Leg Raises	2

### Example #11

Chest	Core	Sets
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10 Flat Dumbbell Bench Press	6 Hanging Leg Raises	3
12 Incline Hammer Chest Press	10 Hanging Knee Raises	3
10 High-to-Low Cable Fly	6 Ab Wheel Rollout	3
10 Dumbbell Pullover	45-Sec Plank	3

## Pair 6 – Superset Back and Abs

Working the core and back together [develops strength and endurance](#). Use the following superset to hammer your back and midsection in the same session:

### Example #12

Back	Core	Sets
15 Front Lat Pulldowns	10 Hanging Knee Raises	3
12 Seated Cable Rows	10/side H2L Chop	3
10 Bent-over Rows	10 Kneeling Cable Crunch	3
10 One-arm DB Row	10 Machine Ab Crunches	3

### Example #13

Back	Core	Sets
12 V-Grip Lat Pulldowns	6 Hanging Leg Raises	3
12 Seated Cable Rows	10 Hanging Knee Raises	3
12 T-Bar Rows	6 Ab Wheel Rollout	3
10 Standing Lat Pulldown	45-Sec Plank	3

## Pair 7 – Superset for Legs and Triceps

[Pairing a large and a small muscle group](#) is often recommended when you perform supersets. Combining legs and triceps reduces workout duration by alternating large (legs) and small (triceps) muscle groups, allowing you to complete more work in less time.

Let's see how you can combine exercises for these muscle groups.

### Example #14

Leg	Triceps	Sets
10 Back Squats	10 Bar Dips	3
15 Leg Extensions	12 Skull Crushers	3
15 Leg Curl	12 Pushdowns	3
12 Hip Thrusts	10 Kickbacks	3

### Example #15

Leg	Triceps	Sets
15 Machine Leg Presses	10 Bar Dips	3
10 Front Lunges	10 Diamond Pushups	3
8 Romanian Deadlift	12 Cable Pushdown	3
15 Calf Raises	10 Overhead Extensions	3

## Pair 8 – Biceps and Legs Superset

Like the legs and triceps, you can pair biceps and leg exercises too.

### Example #16

Biceps	Legs	Sets
10 Chin-ups	10 Back Squats	3
10 EZ Bar Curls	10/leg Lunges	3
10 Preacher Curls	10 Leg Curls	3
10 Hammer Curls	15 Calf Raises	3

### Example #17

Leg	Biceps	Sets
15 Machine Leg Presses	10 Chinups	3
10 Leg Extensions	10 Cable Curl	3
8 Romanian Deadlift	12 Spider Curls	3
12 Hip Thrusts	10 Hammer Curl	3

## Pair 9 – Legs and Shoulders Superset

Like arms, you can also do alternating [exercises for legs and shoulders](#) on the same day.

However, it will be slightly challenging as the shoulder muscles are larger than the biceps and triceps.

But, if you're an experienced lifter and want to [build strength and hypertrophy](#), do the following superset.

## Example #18

Legs	Shoulder	Sets
10/leg Lunges	12 Overhead Presses	3
15 Leg Press	12 Lateral Raises	3
15 Leg Curls	12 Rear Delt Flyes	3
12 Hip Thrusts	12 Shoulder Shrugs	3

## Example #19

Leg	Biceps	Sets
10 Back Squats	10 Arnold Presses	3
10 Step-up	12 Cable Lateral Raises	3
8 Romanian Deadlift	12 Reverse Pec Deck Flyes	3
15 Calf Raises	<b>12 Barbell Shrugs</b>	3

## Pair 10 – Upper Lower Superset Workout

You can also [combine the upper and lower muscle](#) group exercises to train your entire body in one session.

Alternating between upper and lower muscle groups allows you to hit every muscle group three times a week and helps you develop strength, mass, and cardiovascular fitness.

Here are a few samples you can also include in your [full-body workout program](#).

## Example #20

Exercise 1	Exercise 2	Sets x Reps
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Bench Press (Chest)	Leg Extension (Quad)	3 x 12
Lat Pulldown (Back)	Overhead Press (Shoulder)	3 x 12
Chinups (Biceps)	Bar Dips (Triceps)	3 x 12
Romanian Deadlift (Hamstrings)	Hanging Knee Raises (Abs)	3 x 12

## Example #21

Exercise 1	Exercise 2	Sets
6-10 Chin-ups (Back)	8-10 Dips (Chest)	3
10 Lunges/leg (Legs)	12 Arnold Press (Shoulders)	3
10 Incline DB Bench Press (Chest)	12 Seated Cable Row (Back)	3
10 Romanian Deadlift (Hamstrings)	15 Cable Crunches (Abs)	3

# 3 Best Superset Workout Routine Examples

If you are looking for a well-structured superset training plan, explore the following programs and save the one you need.

## 1. Upper-Lower Superset Workout

This program focuses on pairing upper-body exercises (push or pull movements targeting chest, back, shoulders, arms) with lower-body exercises (targeting quads, hamstrings, glutes, calves).

Pairing upper-body and lower-body exercises in supersets allows you to train multiple muscle groups in a single session, reducing overall workout time.

If you want a [full-body superset routine](#) that can develop strength, endurance, and physical appearance, save this one.

## Summary:

- **Superset Type:** Upper-lower body
- **Recommended sessions/week:** 3 (alternate days)
- **Duration/session:** 60-90 minutes
- **Experienced Required:** 1+ years
- **Workout Goal:** Build strength, endurance, and hypertrophy
- **Target Gender:** Male & Female

## Day 1: Push & Lower Body

Exercise 1	Exercise 2	Sets
Barbell Bench Press (Chest)	Leg Extension (Quads)	3
DB Incline Press (Chest)	Leg Press (Quads)	3
Pushdowns (Triceps)	Calf Raises (Calves)	3
Lateral Raises (Shoulders)	Romanian Deadlifts	3

## Day 2: Pull & Lower Body

Exercise 1	Exercise 2	Sets
Pull-Ups (Back)	Leg Curls (Hamstrings)	3
Bent-Over Row (Back)	Walking Lunges (Thigh & Glutes)	3
Face Pulls (Upper Back)	Hip Thrust (Glutes)	3
Barbell Curls (Biceps)	Hip Abduction (Hips)	3

## Day 3: Full Body

Exercise 1	Exercise 2	Sets
Military Press (Shoulders)	Back Squats (Quads)	3
Seated Row (Back)	Single-leg RDL (Posterior Chain)	3

Cable Fly (Chest)	Bulgarian Split Squat (Quads, Glutes)	3
Wrist Curls (Forearms)	Hip Adduction (Inner Thighs)	3

## 2. Push Pull Superset Routine

This program involves training 4 times weekly, targeting every muscle twice a week.

It alternates between pulling and pushing movements and takes 60-75 minutes to complete each session.

### Summary:

- **Superset Type:** Push-Pull Superset
- **Program Goal:** Build Mass, Strength, and Cardiovascular fitness.
- **Sessions Per Week:** 4 (e.g., Monday, Tuesday, Thursday, Friday).
- **Duration per Session:** 60-75 minutes
- **Rest:** 60-90 seconds after each superset (both exercises completed).
- **Warm-Up (10 min per session):** 5 min light cardio (treadmill, bike), dynamic stretches (arm circles, leg swings), light sets of first exercises (2 sets of 15 reps at 50% working weight).

### Day 1: Chest, Triceps, Biceps, and Hamstrings

Push Exercise	Pull Exercise	Sets
Flat Bench Press (8-12 reps, Chest)	Leg Curls (12-15, Hamstrings)	3
DB Incline Press (10-12 reps, Chest)	Romanian DL (10 reps, Hamstrings)	3
Pushdown (12-15 reps, Triceps)	Barbell Curls (12-14 reps, Biceps)	3
Overhead Extension (15 reps, Triceps)	Concentration Curls (12-15 reps, Biceps)	3

## Day 2: Back, Shoulders, and Quads

Push Exercise	Pull Exercise	Sets
Overhead Press (10 reps, Shoulders)	Pull-Ups (6-12 reps, Back)	3
Leg Press (15 reps, Quads)	Lat Pulldown (12 reps, Back)	3
Leg Extensions (15 reps, Quads)	Seated Row (12 reps, Back)	3
Lateral Raises (10-15, Shoulders)	Reverse Fly (12 reps, rear delt)	3

## Day 3: Chest, Triceps, Biceps, and Hamstrings

Push Exercise	Pull Exercise	Sets
Bar Dips (10-15 reps, Chest & Triceps)	Chin-ups (12-15, Biceps & Back)	3
Incline Hammer Press (12-15 reps, Chest)	Incline Curls (10-12 reps, Biceps)	3
Cable Fly (12-15 reps, Chest)	Barbell Curls (12-14 reps, Biceps)	3
Triangle Push-ups (15, Triceps & Chest)	Lying Leg Curls (15-20 reps, Hamstrings)	3

## Day 4: Back, Shoulders, Glutes, and Quads

Push Exercise	Pull Exercise	Sets
Push Press (10 reps, Shoulders)	Straight-arm Pulldown (10-12 reps, Back)	3
Bulgarian Split Squat (10/side, Legs)	Bent-over Row/T-Row (12 reps, Back)	3
Hip Thrusts (12-15 reps, Glutes)	Single-arm Row (12/side, Back)	3
Lateral Raises (10-15, Shoulders)	Face Pulls (12 reps, rear delt)	3

## 3. Agonist-Antagonist Superset Training

This superset training involves pairing exercises that target opposing muscle groups (e.g., biceps and triceps, quads and hamstrings) performed back-to-back with minimal or no rest.

This superset scheme ensures equal development of agonists and antagonists (opposing muscles). It reduces the risk of imbalances, such as overdeveloped quads with weak hamstrings.

### Program Summary:

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- **Superset Approach:** Agonist-Antagonist Superset
- **Workout Goal:** Muscle & Strength Gain
- **Sessions/Week:** 4x weekly
- **Duration:** 60-75 minutes per session
- **Rest:** 60-90 seconds after each superset
- **Target Gender:** Males and Females
- **Exercise Difficulty:** Intermediate

## Day 1: Upper Body (Chest-Back, Biceps-Triceps)

Exercise 1	Exercise 2	Sets
10 Bench Presses (Chest)	12 Bent-Over Rows (Back)	3
15 Chest Fly (Chest)	12 Lat Pulldowns (Lats)	3
15 Pushdowns (Triceps)	15 Barbell Curls (Biceps)	3
15 Overhead Extension (Triceps)	15 Hammer Curls (Biceps)	3

## Day 2: Lower Body (Quads-Hamstrings, Calves-Core)

Exercise 1	Exercise 2	Sets
10 Back Squats (Quads & Glutes)	15 Leg Curls (Hamstrings)	3
15 Leg Press (Quads)	10 Romanian Deadlifts (Hamstrings)	3
15 Hip Adduction (Inner Thighs)	15 Hip Abduction (Hips)	3
20 Calf Raises (Calves)	15 Hanging Knee Raises (Abs)	3

## Day 3: Upper Body (Chest-Back, Front-Rear Delts)

Exercise 1	Exercise 2	Sets
12 Incline Bench Press (Chest)	12 Dumbbell Rows (Back)	3
12 Cable Fly (Chest)	15 Close-Grip Pulldown (Back)	3
15 Overhead Press (Front Delt)	15 Reverse Flyes (Rear Delt)	3
12 Lateral Raises (Side Delt)	12 Face Pulls (Rear Delts)	3

## Day 4: Lower Body (Quads-Hamstrings, Core-Calves)

Exercise 1	Exercise 2	Sets
20 Front Squats (Quads)	20 Lying Leg Curls (Hamstrings)	3
20 Leg Extensions (Quads)	15 Hip Thrust (Glute)	3
15 Hip Abduction (Hips)	15 Hip Adduction (Inner Thighs)	3
20 Calf Raises (Calves)	15 Decline Crunches (Abs)	3

# Frequently Asked Questions (FAQs)

## What are the main benefits of superset training?

Supersets save time, increase workout intensity, enhance muscle pump, [boost cardiovascular fitness](#), and improve recovery between sets for opposing or unrelated muscles.

## Who can use superset training?

Supersets are suitable for experienced lifters (1+ years) who want to build muscle, increase fat loss, or enhance endurance in less time than the standard rep-set scheme. Beginners can also use them with lighter weights and simpler exercises to build endurance, but should start with shorter sessions.

## How much rest should I take between supersets?

Rest 60–90 seconds after completing both exercises for hypertrophy, 30–60 seconds for endurance/fat loss, or 90–120 seconds for strength.

# Can supersets help with muscle growth?

Yes, supersets are as effective as the standard rep-set approach for gaining muscle. They increase time under tension, muscle pump, and metabolic stress and help promote hypertrophy over time.