



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



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Workouts



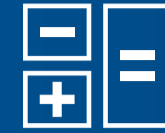
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## THREE 10 MINUTE AT HOME UPPER BODY WORKOUTS

Don't let the busyness of life hold you back from making progress. Challenge yourself at home with these three brief but effective upper body sessions.

Link to Workout: <https://www.muscleandstrength.com/workouts/10-minute-home-upper-body-workouts>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 6 Weeks  
**Days Per Week:** 3 Days

**Time Per Workout:** 10 Mins  
**Equipment:** Bands, Bodyweight  
**Author:** Mike Samuels

### The Push / Pull Superset

Exercise	Sets	Reps
<b>Push / Pull Superset</b>		
<b>Superset</b>		
<a href="#">Chin Ups</a> (Any Grip)	1	Half Your Maximum
Regular <a href="#">Push Ups</a>	1	Half Your Maximum
Set a timer for 10 Mins. Take half your maximum reps for Chin Ups & Push Ups. E.g. If you can do 12 Chin Ups & 20 Push Ups, you'll do 6 Chin Ups & 10 Push Ups. Knock out your set of Chin Ups, then drop down immediately & do your Pushups. Repeat this as many times as you can in 10 Mins.		

### The Mechanical Drop Set

Exercise	Reps	Rest
<b>Push Up Work</b>		
<a href="#">Feet Elevated Push Ups</a>	Max	N / A
Regular <a href="#">Push Ups</a>	Max	N / A
<a href="#">Knee Push Ups</a>	Max	30 Secs
<b>Pull Up Work</b>		
<a href="#">Wide-Grip Pull Ups</a>	Max	N / A
<a href="#">Narrow Grip Chin Ups</a>	Max	N / A
Negative Chin Ups	5	30 Secs
Complete the Push Up Work 3 times before performing the Pull Up Work. Negative Chin Ups: The aim is to take 5 - 10 Secs for each Negative Chin Up. The Pull Up Work is to performed 3 times.		

### 10 Minutes of Fury

Exercise	Reps
<b>10 Mins of Fury</b>	
<a href="#">Spiderman Push Ups</a>	Max in 60 Secs
<a href="#">Chin Ups</a>	Max in 60 Secs
<a href="#">Band Pull Aparts</a>	Max in 60 Secs
<a href="#">Close Grip Push Ups</a>	Max in 60 Secs
Band Curls	Max in 60 Secs
Perform this workout twice (10 Mins).	