

# Upper Body Workout options

Click to toggle options.

**Below click any Blue title to go to an Upper Body work out. The first section is self paced, the bottom section is Videos to follow. FOr the most effective work out you should add 15-20 minutes of cardio(walk, jog, run, jump rope, ect.)**

## **Self Paced:**

[Upper body workouts to build muscle](#) - You need a few weights OR something to use in place of weights. There are 3 workouts on this page, you could choose one today and save one for next week. (Read through the page to learn the best way to use these workouts)

[Upper Body HIIT style workout](#) - This one describes 3 rounds, do each round 2 times. It describes how to do each exercise(no pictures)

[Beginner Upper body](#) - This does show some small weights( you could use water bottles, cans, etc. alsoyou could replace the band with a towel)

[Beginner, easy to follow](#) - again, there are small dumb bells, you could use water bottles) make sure to read how many sets you should do

[Darabee: Total Upper Body](#)

[Darabee: Less is more](#)

[Darabee: Monster Hunter](#)

**\*\* You could also search Instagram for #upperbodyworkouts\*\* and find a workout you think you will like.**

[Upper body moves "you can do"](#) - This one has a video and a list of the exercises underneath, so you can choose which way to do it.

**Videos to follow:**

[Intense Upper body home workout](#) - No equipment needed. (hosted by a woman)

[Upper Body toning](#)- no equipment. (hosted by a women)

[Intense home work out- Upper body](#)- No equipment (hosted by a man)

[Upper body Tabata style workout](#)- no equipment (hosted by a man)

[Easy to follow Upper body workout](#)- This one has 2 host, one showing basic moves and the other modifying it to make it easier.

[Upper body Dumbbell work out](#) - easy to follow

[Dumbbell workout- upper body](#)- hosted by a girl.