3 More Upper Body Workouts To Try

Hello [[firstname]],

Now that you have read Increase Your Upper Body Workout With Indoor Rockclimbing (link to this title), we can talk about some other upper body workouts.

When you first start with an upper body workout routine, you probably go to the standard weights option. It's easy to start, available in most gyms, and you can choose weight machines or free weights. Overtime though, this may become a bit boring and you may find yourself wanting to change things up. If changing things up sounds like a goal you have in mind, here are a few upper body workouts to try.

**Indoor Rock Climbing**

Indoor rock climbing is becoming increasingly popular with people looking for strong upper body workout options. The possibilities with this form of workout are seemingly endless. You can start off with a basic indoor climbing wall. These walls usually have different colored steps to give you a beginner to advanced climb. Once you have worked through these levels, then you can move to a moving wall that will give you more challenges.

**Kettlebell Workouts**

Kettlebell workouts offer a vast array of options for your upper body workout. There are numerous methods to use and numerous forms to consider. The trick with kettlebell workouts is to make sure you are using the proper form and stance. If you don't, you could risk injury. For this reason, it is best to start this type of upper body workout in a gym with a trainer. You can move away from the trainer after a bit of practice. You can also increase your upper body workout with kettlebells by increasing the weight of the kettlebell.

**Sandbags**

Sandbag workouts are a popular option for people who prefer an outdoor workout or a workout that can be done anywhere. At a very simple and basic level, you can use a military style duffle bag and fill it with sand. Make sure to be in a situation where you can weigh the bag to determine the right weight for you. You can add sand or reduce sand as needed. The sandbags are then used in lifting or carrying during a hike or run to help with upper body strength while working on other parts of your body.

Most of these upper body workouts are specific to certain types of gyms. You may have to look for a gym that offers these options or meetup groups that allow you to go to outdoor versions of these options. The key point to keep in mind is that these workouts are a starting point to give you more ideas on what is available to you outside of the weight room.

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