

Fit Bit Friday 160

The Buff Barbell Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: This week's workout consists of a barbell (sort of - I'll explain), also known as a barbell complex amongst the bodybuilding enthusiasts of the world. Don't worry though - you do not need to be a bodybuilder in order to do this, nor do you have to worry about bulking up like one. You'll need a barbell that you can safely press over your head with good form for a high number of reps, and if you're newer to lifting I'd recommend choosing something fairly light until you get a feel for each move. If you're torn between two different weights, I'd advise the lighter one as my upper body seems to get fatigued quickly with this particular combo, and maintaining good form is key.

The barbell will be in your hands for this entire routine (minus the rest breaks indicated below), and you'll want to pick up your barbell with an overhand grip, hands just outside shoulder width apart. Perform the exercises in a fluid fashion, moving straight from one into the other, not setting the bar down until you complete your last deadlift.

This routine won't take long, but you WILL feel it all over. If you consider yourself an advanced exerciser, try adding the barbell complex into your existing strength training routine. If you're newer, aim to do the cardio warm up and make the barbell complex your strength workout, again being sure to start with a lighter weight for safety. To clarify on the rest indicated below, you'll complete the entire yellow part of the table 5 times before taking 2-3 minutes (or however long you feel you need) to recover, then repeat 2 more times.

Sets		Exercise	Reps
Warm-up - 20 mins walking, jogging, cycling, dancing - whatever you like!			
3	5	Barbell straight-leg deadlift - Hinge at the hips and bend very slightly at the knees, keeping weight in your heels. Bend over and pick up the barbell. Perform 5 deadlifts, maintaining that slight knee bend and a tall spine.	5
		Standing Barbell Overhead Presses - Immediately after your last deadlift, pull the barbell up near shoulder height and swing your elbows underneath (this is called a clean) so that you are now in the position to press the barbell overhead. Complete 5 presses, lowering the bar to your chin each time.	5
		Barbell Squats - On the last overhead press, lower the bar back behind you so it rests on your shoulders. Perform 10 squats.	10
		Stationary Lunges - Keep the barbell on your shoulders. Take your right foot back into a lunge stance and perform 10 lunges on this side. Switch and do 10 on the left.	10 each side
		Barbell Squats - Go right back into squats, keeping the bar across your shoulders.	10
		Standing Barbell Overhead Presses - As you finish your last squat push the barbell overhead and complete 5 overhead presses, lowering the bar to your chin each time.	5
		Barbell straight-leg deadlift - From your last press, lower the bar to hip height, then hinge at the hips, bend very slightly at the knees, and perform 5 more deadlifts before immediately going into the next round.	5
2-3 mins rest			
Cool down: Keep moving until heart rate comes down to normal, hydrate and stretch.			
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