

Fit Bit Friday 162

The Buff Barbell Workout – Part 2

****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: All you need for this circuit is a barbell, and I don't recommend making it a heavy one. You'll need to be able to push it overhead 10 times and do 10 biceps curls with it, all while keeping good form. If you're not sure, start with a lighter option and increase with subsequent sets once you've done the circuit once. Warm up with your cardio of choice, then get cracking with the moves described below. Beginners, aim for 2x through the circuit, intermediates could try 3, and if you're advanced, shoot for 4. Feel free to increase the barbell weight between sets if it doesn't feel challenging enough.

Sets	Exercise	Reps
Warm-up - 20 mins walking, jogging, cycling, dancing - whatever you like!		
2, 3 or 4 depending on fitness level	Standing Barbell Clean and Press - Standing with feet shoulder width apart and knees slightly bent, 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. Push it straight up, lower it back to shoulders, then down to the starting position. That's 1 rep.	10
	Barbell Squat-Lunge Squares - Start with the barbell on your shoulders. Lunge forward with one foot, then bring the other forward to step together. Step wide to the left into a squat, bringing right foot to meet the left. Step back into a lunge, then step the other foot back to meet it. Finally, step wide to the right into a squat, then bring the left foot to meet the right. That's 1 square - repeat until you've done 10	10 squares
	Barbell single-leg deadlift - Hold barbell with overhand grip in front of you. Keeping right leg planted with a very slight bend at the knee, lift the left leg back behind you as you lower your torso down, bringing the barbell almost down to the floor. (Your body should form a T shape.) Return to start with left foot hovering above the ground, but don't let it touch until all 10 reps are complete. Then switch sides.	10 each side
	Barbell biceps curls - Nothing fancy here, just 10 curls. If you want a bigger challenge, stand on one foot.	10
	Underhand bent-over barbell rows - With an underhand grip and a tall spine, hinge at hips and perform 10 rows of the barbell to your ribcage, squeezing shoulder blades together each time.	10
Cool down, foam roll and stretch.		
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