

BARBELL WORKOUTS

UPPER BODY



Bench Press



Bicep Curl



Close Grip Bench Press



Incline Bench Press



Landmine Overhead Press



Overhead Press



Push Press



Reverse Bicep Curl



Tricep Skull Crusher



Upright Row

CORE



Twist



Roll Out



Overhead Sit-Up



Side Crunch



Zercher Carry

BACK



Bent Over Row



Landmine Row



Pendlay Row



Shrug



T-Bar Row

LOWER BODY



Back Squat



Bulgarian Split Squat



Deadlift



Front Squat



Good Morning



Hip Thrust



Landmine Front Squat



Landmine Single Leg Deadlift



Reverse Lunge



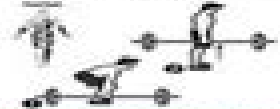
Romanian Deadlift



Single Leg Hip Thrust



Single Leg Romanian Deadlift



Suitcase Deadlift



Sumo Deadlift



Sumo Squat

TOTAL BODY



Hang Clean and Press



Hang Clean



High Pull



Squat and Press

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SA Adler



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