

BARBELLS

Trainer: _____

KEY POINTS

1. Improving muscular strength is not just about getting stronger. Some of the greatest benefits of resistance training may include enhancing body fat loss, developing stronger bones, & improved overall health.
2. A barbell is usually a steel bar about 5-7 feet long, and weighted plates can be slid onto either end to obtain desired weight for each exercise.
3. Proper form is key, so it is important to have a fitness professional teach you and assess your exercise movements. This ensures maximum benefit of the workout and prevents injury. Complete a metabolic warm-up prior to starting the workout below. Perform 2 sets of each exercise, resting for 45-60 seconds in between, and 1 minute between circuit groups. Follow with a proper cool-down.

Example	Circuit	Exercise	Reps	Sets	Rest
	A1	Straight Leg Deadlift	15	2	45-60 sec.
	A2	Military Press	15	2	45-60 sec.
1 minute rest					
	B1	Squat	15	2	45-60 sec.
	B2	Upright Row	15	2	45-60 sec.
1 minute rest					
	C1	Walking Lunge	15	2	45-60 sec.
	C2	Biceps Curl	15	2	45-60 sec.
1 minute rest					
	D1	Calf Raises	15	2	45-60 sec.
	D2	Seated Triceps Extension	15	2	45-60 sec.
Cool Down					

To progress your workout - or make it harder - consider the following options:

Time:

- Reduce or increase rep speed

Reps

- Increase number of reps per set

Sets

- Increase number of total sets