BARBELL BURNER

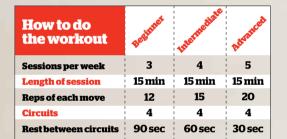
Grab a bar for an intense wholebody muscle-building circuit.

BY JON LIPSEY

If you think using a barbell without any weight means this workout is going to be easy, you're in for a shock. This session is designed to be performed as a circuit, so you don't take any rest between moves. This will really challenge your energy levels and if you're doing the advanced version of the routine

you'll be banging out 20 reps with 20kg for several moves in a row.

The good news is that the workout only lasts 15 minutes. Even better, the intensity of the session means you'll carry on burning calories long after you've stopped exercising, because your body will use a lot of energy to get you back to equilibrium.



What weight?

Beginner
10kg bar
Intermediate
15kg bar
Advanced

DEADLIFT

> Keep your shoulders over the bar and your chest up. Push your heels into the ground to straighten your legs and stand upright, sliding the bar up your legs until your arms are straight and your shoulders are back. Return to the start.

