

# BARBELL BURNER

**Grab a bar for an intense whole-body 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.

How to do the workout	Beginner	Intermediate	Advanced
Sessions per week	3	4	5
Length of session	15 min	15 min	15 min
Reps of each move	12	15	20
Circuits	4	4	4
Rest between circuits	90 sec	60 sec	30 sec



**B**

**A**

**What weight?**

**Beginner**  
10kg bar

**Intermediate**  
15kg bar

**Advanced**  
20kg bar

## 1 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.

# 2

## BENT-OVER ROW

> Bend at the hips, keeping a natural arch in your back and letting the barbell hang down so it's just in front of your knees. Pull the bar up to your belly button, keeping your elbows in to your sides.



# 3

## HIGH PULL

> Hold a bar so it rests on the front of your thighs. Lift the bar up to your chest, keeping your elbows high.



# 4

## SHOULDER PRESS

> Hold a bar at the top of your chest, then press it directly overhead.



# 5

## BACK SQUAT

> Rest the barbell on the back of your shoulders. Bend at the knees to lower until your thighs are parallel to the floor.

