

# WELLBE WORKOUT

10 MOVE TOTAL BODY  
BARBELL WORKOUT

01

## 10 MOVE TOTAL BODY BARBELL WORKOUT

“*One piece of equipment.  
10 different moves.  
Challenge yourself  
and give this insane  
full body barbell workout  
a go!*”



# WELLBE'S

## 10 MOVE TOTAL BODY BARBELL WORKOUT

SETS	REPS	REST	WORKOUT
3	10-12, each arm	30 sec - 1 min	1) Hammer jammer shoulder press
3	6-10	30 sec - 1 min	2) Clean and press
3	8-12	30 sec - 1 min	3) Floor barbell press
3	10-12	30 sec - 1 min	4) Barbell bent over row
3	10	30 sec - 1 min	5) Barbell rollout
3	8-10	30 sec - 1 min	6) Barbell glute bridge
3	8-10	30 sec - 1 min	7) Good morning rise

# WELLBE'S

## 10 MOVE TOTAL BODY BARBELL WORKOUT

SETS	REPS	REST	WORKOUT
3	10-12	30 sec - 1 min	8) Barbell curl
3	6-10, each arm	30 sec - 1 min	9) Javelin press
3	10-12	30 sec - 1 min	10) Power thruster

### FIT TIP:

To build strength – keep the weights heavier and reps on the lower end of the suggested range. For increased fat burn, keep the weight light, reps high and rest minimal.



## Hammer jammer shoulder press

Position a barbell so it's anchored in the corner of the gym. Adopt a split stance and position the weight so it is at shoulder height, holding the bar with the arm opposite your foremost foot. To begin the move push the bar away from you explosively until your arm is fully extended. Return under control to the start position.

1

## Clean and press

Squat down with a straight back and grab the barbell with an overhand grip. In one swift movement, lift the barbell to your shoulders and sink back down into a squat. Push up through your heels and extend your arms to press the barbell above your head. Lower safely to your shoulders and drop back to the floor while maintaining a straight back.

2

## Floor barbell press

Lie face up on the floor holding a barbell at chest height. Press up as if you were on a normal bench until your arms are fully extended. Then slowly lower back to the starting position.

3

## Barbell bent over row

Grab a barbell with an overhand grip, hands slightly wider than shoulder width apart. With your legs slightly bent, keep your back perfectly straight and bend your upper body forward until it's almost perpendicular to the floor. From here row the weight upwards into the lower part of your chest. Pause. And return under control to the start position.

4

## Barbell rollout

Load a barbell with 5kg plates and grab the bar with an overhand, shoulder-width grip. Position your shoulders directly over the barbell and slowly roll the bar forwards. Pause, then reverse the move.

5

## Barbell glute bridge

Sit on the ground with a barbell over your legs. Roll the bar so that it is directly above your hips, then lie so your back's flat against the floor. Drive through your heels to lift the bar, focusing on tightening your glutes so your hips move straight up, and the weight is supported by your heels and upper back. Pause, then lower the weight under control.

6

## Good morning rise

Place a barbell across your shoulders behind your neck. Ensure your shoulder blades are pushed back to take the weight of the bar. Brace your core and slowly bend at the hips to lower your head towards the floor. Pause at the bottom, then reverse.

7

## Barbell curl

Grab a barbell with a shoulder-width grip and let it hang in front of your thighs. Brace your core as you curl the bar up to your chest, keeping your upper arms stationary. Return under control to the start position.

8

## Javelin press

Hold an EZ bar in your right hand just above your shoulder. Extend your arm and drive the bar above you, then lower it back down to your shoulder and repeat.

9

## Power thruster

Position a barbell so it's anchored in the corner of the gym and hold the opposite end with both hands. Position your legs underneath your shoulders and hands in front of your chest. Sink into a squat, lowering the barbell with you, then drive yourself and the barbell back up and extend your arms.

10

[illegible]