

List of Barbell Exercises by Muscle Group

Created by [Murshid Akram](#)

Administrator of [The Fitness Phantom](#)

Article Link: <https://thefitnessphantom.com/barbell-exercises-list/>

Back

Workout	Type	Difficulty	Other Muscles Worked
Deadlift	Compound	Intermediate	Legs
Barbell Bent-over Row	Compound	Beginner	Biceps
Chest Supported Row	Compound	Intermediate	Rear Delt
Barbell T Rowing	Isolation	Intermediate	–
One-arm Landmine Row	Isolation	Beginner	–
Pendlay Row	Compound	Intermediate	Rear Delt

Chest

Workout	Type	Difficulty	Other Muscles Worked
Flat Bench Press	Compound	Intermediate	Triceps, Front Delt
Incline Bench Press	Compound	Intermediate	Triceps, Front Delt
Landmine Press	Compound	Intermediate	Shoulder
Barbell One-arm Floor Fly	Isolation	Intermediate	–
Reverse Grip Bench Press	Isolation	Intermediate	–

Shoulder

Workout	Type	Difficulty	Other Muscles Worked
Front Overhead Press	Compound	Intermediate	Legs
Behind the Neck Press	Compound	Beginner	Biceps

Workout	Type	Difficulty	Other Muscles Worked
Barbell Front Raises	Isolation	Intermediate	Rear Delt
Barbell Upright Row	Isolation	Intermediate	–
Barbell High Pull	Compound	Beginner	Back
Barbell Shrug	Isolation	Beginner	–
Chest Supported Row	Compound	Beginner	Back

Related: [Top 10 Barbell Shoulder Exercises For Growth](#)

Biceps And Triceps

Workout	Type	Difficulty	Muscles Worked
Behind The Neck Tricep Extension	Isolation	Intermediate	Triceps
Barbell Skull Crusher	Isolation	Beginner	Triceps
Narrow Grip Bench Press	Compound	Intermediate	Tricep
Barbell Triceps Kickback	Isolation	Intermediate	Tricep
Barbell Curl	Isolation	Beginner	Biceps
EZ Bar Bicep Curl	Isolation	Beginner	Biceps
Chest Supported Bicep Curl	Isolation	Intermediate	Biceps
Barbell Drag Curl	Compound	Intermediate	Biceps
Landmine Concentration Curl	Isolation	Beginner	Biceps
Barbell Wrist Curl	Isolation	Intermediate	Forearm

Check out how to perform: [Barbell Biceps](#) and [Triceps](#) Workouts.

Abs And Oblique

Workout	Type	Difficulty
Barbell Rollout	Isolation	Intermediate
Barbell Crunches	Isolation	Intermediate
Seated Barbell Oblique Twist	Isolation	Intermediate
Standing Oblique Twist	Isolation	Intermediate

Lower Body

Workout	Type	Difficulty	Muscles Worked
Barbell Back Squat	Compound	Beginner	Quads
Landmine Squat	Compound	Intermediate	Quads
Barbell Lunges	Compound	Intermediate	Legs
Barbell Sumo Squat	Compound	Beginner	Quads, Glute
Barbell Good Morning	Compound	Beginner	Hamstrings, Lower Back
Hip Thrust/Bridge	Isolation	Intermediate	Glute, Hips
Zercher Squat	Compound	Intermediate	Quads, Core
Step-up	Isolation	Beginner	Glute, Hams
Single-Leg Deadlift	Isolation	Intermediate	

Related: [Barbell Leg Exercises For Quads, Hams, Glute & Calf](#)

Full Body/Integrated

Workout	Type	Difficulty
Barbell Jammers	Compound	Intermediate
Deadlift	Compound	Intermediate
Clean & Press	Compound	Intermediate
Clean and Jerk	Compound	Intermediate
Barbell Push Press	Compound	Intermediate
Deadlift to Upright Row	Compound	Intermediate
Squat to Overhead Press	Compound	Intermediate

You can use this barbell workout chart to create a [workout program](#) depending on your fitness level.

You may also like: [10 Full Body Barbell Workouts For Weight Loss](#)

You may also like:

- [Top 10 Superset Workout Examples With A Plan](#)
- [Push Pull Legs 5 Day Split Workout With PDF](#)
- [12 Week Body Transformation Workout Plan With Free PDF](#)