

## Barbell Crossfit Workouts

<b>Beginner</b>	<b>Intermediate</b>	<b>Advanced</b>
Barbell Squat	Barbell Push Press	Barbell Clean and Press
Barbell Bench Press	Barbell Overhead Squat	Power Clean and Split Jerk
Military Press	Barbell Conventional Deadlift	Barbell Jammer
Barbell Hang Clean	Barbell High Pull	Barbell Power Snatch
The Sumo Deadlift	The Zercher Squat	The Split Snatch

The Good Morning	The Split Clean	The Thruster
–	Barbell Squat Jerk	Sumo Deadlift High Pull

**If you want to know how to perform these exercises, you can check out the article.**

<https://thefitnessphantom.com/crossfit-barbell-workouts/>