

Best Barbell HIIT Workouts and Routine

Created by: [Murshid Akram](#)

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10 Best Barbell HIIT Workouts to Burn Fats and Build Muscles

- [1. Back Rack Jump Squats](#)
- [2. Deadlift Off Blocks](#)
- [3. Barbell Overhead Lunges](#)
- [4. Barbell Push Press](#)
- [5. Barbell Rollout](#)
- [6. Barbell Thruster](#)
- [7. Barbell Zercher Squat](#)
- [8. Hang Clean](#)
- [9. Sumo Deadlift to High Pull](#)
- [10. Landmine Oblique Twist](#)

15 Minute HIIT Barbell Workout to Scale Up Strength and Endurance

Summary:

- Duration: 15 minutes
- Number of exercises: 7
- Number of Rounds: Two (2)
- Frequency: 5 times a week
- Targeted Gender: Male and Female

Exercises	Activity	Rest
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Back Rack Jump Squats	30-Sec	30-Sec
Barbell Overhead Lunges	30-Sec	30-Sec
Barbell Rollout	30-Sec	30-Sec
Deadlift Off Blocks	30-Sec	30-Sec
Barbell Thruster	30-Sec	30-Sec
Barbell Overhead Lunges	30-Sec	30-Sec
Landmine Oblique Twist	30-Sec	30-Sec

30 Minute Barbell HIIT Routine to Burn Fats and Lose Weight

Summary:

- Duration: 30 minutes
- Number of exercises: 10
- Number of Rounds: Three (3)
- Frequency: 4 times a week
- Suitable for: Men and Women

Exercises	Activity	Rest
Back Rack Jump Squats	30-Sec	30-Sec
Deadlift Off Blocks	30-Sec	30-Sec
Barbell Overhead Lunges	30-Sec	30-Sec
Barbell Rollout	30-Sec	30-Sec
Barbell Push Press	30-Sec	30-Sec
Hang Clean	30-Sec	30-Sec
Landmine Oblique Twist	30-Sec	30-Sec
Barbell Zercher Squat	30-Sec	30-Sec
Thruster	30-Sec	30-Sec

45-Min Barbell HIIT Workout for Reaching Next Fitness Level

Overview:

- Duration: 45 minutes
- Goal: Build Strength, Muscle, Power, and Stamina
- Number of exercises: 15
- Number of Rounds: Three (3)
- Frequency: 3 times a week

- Suitable for: Men and Women

Exercises	Activity	Rest
Back Rack Jump Squats	30-Sec	30-Sec
Barbell High Pull	30-Sec	30-Sec
Deadlift Off Blocks	30-Sec	30-Sec
Barbell Jammer	30-Sec	30-Sec
Barbell Overhead Lunges	30-Sec	30-Sec
Barbell Bent-over Row	30-Sec	30-Sec
Barbell Rollout	30-Sec	30-Sec
Standing Barbell Biceps Curl	30-Sec	30-Sec
Barbell Push Press	30-Sec	30-Sec
Hang Clean	30-Sec	30-Sec
Close Grip Bench Press	30-Sec	30-Sec
Landmine Oblique Twist	30-Sec	30-Sec
Barbell Zercher Squat	30-Sec	30-Sec
Thruster	30-Sec	30-Sec