

# THE 20 BEST BARBELL COMPLEXES

Created by: [Murshid Akram](#)  
Check out [article](#) for more info

If you're looking for time-efficient workout training that helps improve functional strength, build an athletic physique, and level up overall fitness, you can try barbell complexes.

Barbell complex training involves [performing a series of exercises](#) without leaving the barbell between them. For example, if a barbell complex includes front squats, bent-over rows, lunges, and [overhead presses](#), then perform three to five reps for each exercise without releasing the barbell from your hand.

It is a [high-intensity workout program](#) that torches significant calories, supports weight loss, and builds lean mass at the same time.

In this article, I've shared the 20 best barbell complex workouts that can help enhance your muscular endurance, improve body composition, and [level up your athleticism](#).

Whether you're a beginner or intermediate, you can integrate some of them into a [training program based on your fitness level and goal](#).

**Note:** You can do these barbell complexes at your selected pace and also adjust the exercises according to your needs.

## Workout #1

- 5 Barbell Clean
- 5 Front Squat
- 5 Overhead Press
- 5 Bent-over Row
- Rest for 2 minutes, repeat three to five times.

## **Workout #2**

- 5 Barbell Front Raises
- 5 Barbell RDL
- 5 Barbell Overhead Squat
- 5 Barbell Pendlay Row
- Take a break for 2 minutes, repeat 3 to 5 times.

## **Workout #3**

- 10 Barbell Lunges (5/leg)
- 5 Bent-over Rows
- 5 Push Presses
- 5 Barbell Curls
- Three to five rounds with 2 minutes rest in between.

## **Workout #4**

- 5 Standard Deadlifts
- 5 Overhead Presses
- 5 Zercher Squats
- 5 Bent-over Rows
- Three to five rounds with 2 minutes rest in between.

## **Workout #5**

- 5 Landmine Squat
- 5 Landmine Press
- 10 One-arm Landmine Row (5/arm)
- 10 Landmine Oblique Twist (5/side)
- 3 to 4 rounds with one or two minute rest in between.

## **Workout #6**

- 6 Front Squats
- 6 Overhead Presses
- 6 Bent-over Rows
- 10 Single-leg Romanian Deadlift (5/leg)
- Shoot for three to four rounds with a 1-2 minute of rest after each round.

## **Workout #7**

- 5 Deadlifts
- 6 Push Presses

- 7 High Pulls
- 8 Reverse Lunges (4/leg)
- Aim for three to five rounds.

## **Workout #8**

- 5 Power Clean
- 5 Back Squat
- 5 Barbell Curl
- 5 **Jefferson Squats**
- Shoot for three to five rounds.

## **Workout #9**

- 5 **Clean and Press**
- 5 Thruster
- 5 Pendlay Rows
- 5 Curtsy Lunges/leg
- Four to Five Rounds

## **Workout #10**

- 5 Flat Barbell Bench Press
- 5 Overhead Press
- 5 Zercher Squat
- 5 Single-leg Deadlift/leg
- 5 Barbell Curls
- Four to Six Rounds

## **Workout #11**

- 6 Thrusters
- 6 Bent-over Rows
- 6 Barbell Front Raises
- 6 Bulgarian Split Squat/leg
- Four to Five Rounds

## Workout #12

- 5 Deadlifts
- 5 Front Lunges/leg
- 5 Upright Rows
- 5 Barbell Good Morning
- 5 Barbell Triceps Extension
- Five rounds for time

## Workout #13

- 5 Barbell Jammer
- 5 T-Bar Row
- 5 One-arm Landmine Press/arm
- 5 Landmine Oblique Twist/side
- Four to Five for time

## Workout #14

- 5 Hang Clean
- 5 Reverse Lunges/leg
- 5 Pendlay Rows
- 5 Barbell Shrugs
- Five rounds for time

## Workout #15

- 5 Thrusters
- 5 Curtsey Lunges/leg
- 5 Dorian Deadlift
- 5 Barbell Rollout
- Five rounds for time

## Workout #16

- 5 Split Snatch
- 5 Barbell Hack Squat

- 5 Pendlay Rows
- 5 [Behind The Neck Barbell Press](#)
- Five rounds for time

## **Workout #17**

- 5 Zercher Squat
- 5 Bench Press
- 5 [Barbell Hip Thrust](#)
- 5 [Barbell Drag Curl](#)
- Five rounds for time

## **Workout #18**

- 5 Landmine Squat
- 5 T-Bar Row
- 5 Landmine Press
- 5 [Meadows Row](#)/side
- 5 [Landmine Side Bend](#)/side
- Five rounds for time

## **Workout #19**

- 5 Pendlay Row
- 5 Bulgarian Split Squat
- 5 Rear Barbell Shrug
- 5 Back Squats
- Five rounds for time

## **Workout #20**

- 5 Single-Leg Deadlift
- 5 Bent-over Row
- 5 Thruster
- 5 Front Raises
- Five rounds for time

Please note that the barbell complexes are not for everyone, particularly beginners who are not familiar with the correct form of exercise and people with any health conditions. Because of the high-intense nature of this training, I suggest consulting with a health professional around you before starting this program.

## Related Barbell Exercises

1. [70 Barbell Exercises List By Muscle Group](#)
2. [20 Best Crossfit Barbell Workouts](#)
3. [20 Best Barbell Exercises for Strength and Mass](#)

**Help us grow online so we can reach to large audience:**

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#) | [Flipboard](#)