



# BARBELL SERIES

GREENAWAY FITNESS

# UPPER BODY

- SUPERSET 1
- PULL UP / LAT PULL DOWN
- PUSH UP
  
- SUPERSET 2
- BENT OVER ROW
- OVERHEAD PRESS
  
- SUPERSET 3
- TRICEP CURL
- BICEP CURL
  
- 3 SETS: REPS 21, 15, 9

# LOWER BODY

- SUPERSET 1

- BACK SQUAT

- DEADLIFT

- SUPERSET 2

- REVERSE LUNGE

- SINGLE LEG STRAIGHT LEG DEADLIFT

- SUPERSET 3

- CALF RAISES

- GLUTE BRIDGE

- 3 SETS: REPS 21, 15, 9

# FULL BODY

- SUPERSET 1
- FRONT SQUAT
- BENT OVER ROW
  
- SUPERSET 2
- LUNGE
- STRAIGHT LEG DEADLIFT
  
- SUPERSET 3
- THRUSTERS
- SIT UPS
  
- 3 SETS: REPS 21, 15, 9

# ABS

- SUPERSET 1
- MOUNTAIN CLIMBERS
- RUSSIAN TWISTS
  
- SUPERSET 2
- TUCK JUMPS
- BICYCLES
  
- SUPERSET 3
- BURPEES
- SIT UPS
  
- 3 SETS: REPS 21, 15, 9