

Barbell Complex Workout Summary!

All of the workouts should take **20-30 minutes to complete**. You will need to **keep the weights light**.

Rules:

- There is no rest in between exercises, only after all exercises are complete. **Once you complete all the exercises, you have completed 1 round.**
- If you're a beginner, get as far as you can (ex: only getting to 7 reps for each exercise)
 - As the weeks go on, try and add a rep to every workout.
- Rest 1-5 minutes after each round depending on your fitness level.
- Do 3-6 rounds

Here's the workout (note this is only ONE workout from my entire fat loss program):

- Romanian Deadlifts - 5, 6, 7, 8, 9, 10 reps
- Barbell Rows - 5, 6, 7, 8, 9, 10 reps
- Squats - 5, 6, 7, 8, 9, 10 reps
- Overhead Press (OHP) - 5, 6, 7, 8, 9, 10 reps
- Pushup - 10-20 reps (modify or intensify as needed)

RDL - 5 reps	R O U N D 1	RDL - 6 reps	R O U N D 2
Rows - 5 reps		Rows - 6 reps	
Squats - 5 reps		Squats - 6 reps	
OHP - 5 reps		OHP - 6 reps	
Pushups - 10 reps		Pushups - 10 reps	
Rest		Rest	

NOTE: You CAN use DBs instead of a Barbell depending on your gym or home gym setup. Alternate/ substitute as needed. That being said, if you have a squat rack and a barbell with weights, use that instead.

Continue until you get to 10 reps (6 rounds) or get as far as you can.

I recommend you begin with a lighter weight when you start and increase over time or try and get through the workout faster overtime.

Here are Real Results & Proof that this works...

Meet John. He's 30 years old and runs a marketing agency and is a very hard



working man. For years, John struggled with his health. Specifically, he struggled with finding time to workout and also couldn't stick to a diet. He even tried meal prep companies and he still couldn't stick to it. John was so busy running his agency that his health and exercise took the back seat to his other priorities. A few times every year, he'd get very

frustrated with the way he was looking & feeling, so he'd start a "diet." He'd calculate his calories and macros and he'd lose a few pounds here and there. But the diet would eventually end, and John would always gain the weight back. **This is called yo-yo dieting.** I gave John this workout program to follow for 3x a week. He signed up and committed to follow the my step-by-step flexible dieting meal plan & in conjunction with some smart exercise as his "last-ditch effort" to lose all his weight.

And here's what happened...

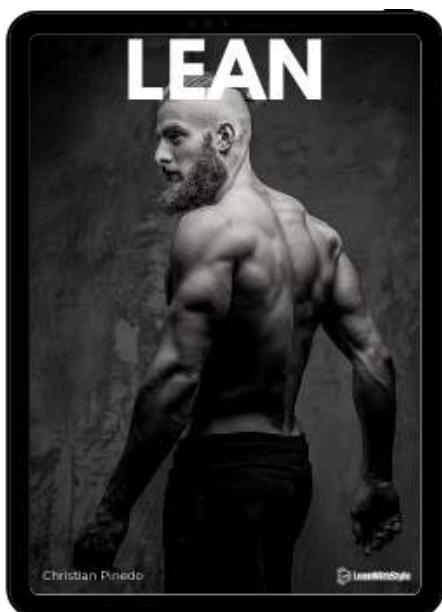
He Completely Transformed His Body.



John ended up losing 80 lbs, built some lean muscle, and cut his body fat in half, but there's so much more than just this transformation.

John looks and feels better because of his commitment to the program and his dedication to stick to the flexible meal plan every day.

Because you've read through this guide, you've proven to me that you are, at the very least, motivated to lose belly fat and build muscle. I want to offer you



the exact same proven plan that John used to get results, FAST... You see, this workout was only 1 workout from the entire LEAN Program! Imagine what else is inside!

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