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What are you trying to do for fitness?

The Harmonious Complex Workout

A challenging & fun workout, with just a barbell or DB

Complex Training

What is it: An advanced form of exercise, similar to circuit training, but all in one place with bar or DB's, Complex training often can incorporate plyometrics with strength training.

Why: Train speed and strength, requires body to work in single harmonious fashion.

DB Complex

After a warm-up, pick a light weight you can perform multiple reps of each exercise with. Then perform one repetition of the first exercise, then one of the second exercise and continue until you have performed one repetition of each exercise – this equals one repetition. Repeat in the same order starting with the first exercise to start the second repetition. Continue in this fashion until desired number of reps are performed, with a suggested range of repetitions at 3-8 repetitions and 2-3 sets.

1. Single arm upright row
2. Double arm upright row
3. Forward lunge on each leg
4. backward lunge on each leg
5. Curl
6. Ovhd press
7. squat
8. RDL

Barbell Complex

After a warm-up, pick a weight you can perform multiple reps of each exercise with and ensure collars are placed on the bar. Then perform the first exercise for the desired number of repetitions (anywhere from 3-8 repetitions) all in a row. When finished with the first exercise, proceed directly to the next exercise without stopping. Perform all exercises and then repeat for 2-3 sets with rest in between.

1. Curls
2. upright row
3. Bent Row
4. Good Morning
5. Squat to press
6. Lunge

Remember it is crucial that good form is used on all exercises and a proper cool down follows workout.