



Four-week Workout Body Pump/Bar Metcon

40- to 45-minute workout for Cardio and Strength Training.
Focus on proper form and time under tension to increase strength gains.

Week 1

Four times per week

5- to 10-pound bar

	Time/Reps	Effort
Warm up: Cardio machine	Five minutes	Easy pace
Workout (three rounds)		
Barbell Squats	10 reps	
Bicep Curls	10 reps	
Bent Over Rows	10 reps	
Jump Rope	60 seconds	
Alternating Lunge	10 reps	
Overhead Push Press	10 reps	
Russian Deadlifts	10 reps	
Cardio machine	45 seconds 15 seconds Repeat four times	3/4 10
Cool down: Stretch	Five minutes	Easy pace

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Week 2

Four times per week

10- to 15-pound bar

	Time/Reps	Effort
Warm up: Cardio machine	Five minutes	Easy pace
Workout (three rounds)		
Barbell Squats	12 reps	
Bicep Curls	12 reps	
Bent Over Rows	12 reps	
Jump Rope	60 seconds	
Alternating Lunge	12 reps	
Overhead Push Press	12 reps	
Russian Deadlifts	12 reps	
Cardio machine	45 seconds 15 seconds Repeat four times	3/4 10
Cool down: Stretch	Five minutes	Easy pace

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Week 3

Four times per week

15- to 20-pound bar

	Time/Reps	Effort
Warm up: Cardio machine	Five minutes	Easy pace
Workout (three rounds)		
Barbell Squats	14 reps	
Bicep Curls	14 reps	
Bent Over Rows	14 reps	
Jump Rope	60 seconds	
Alternating Lunge	14 reps	
Overhead Push Press	14 reps	
RDL (Russian Deadlifts)	14 reps	
Cardio machine	45 seconds 15 seconds Repeat four times	3/4 10
Cool down: Stretch	Five minutes	

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Week 4

Four times per week

20- to 25-pound bar

	Time/Reps	Effort
Warm up: Cardio machine	Five minutes	Easy pace
Workout (three rounds)		
Barbell Squats	16 reps	
Bicep Curls	16 reps	
Bent Over Rows	16 reps	
Jump Rope	60 seconds	
Alternating Lunge	16 reps	
Overhead Push Press	16 reps	
Russian Deadlifts	16 reps	
Cardio machine	45 seconds 15 seconds Repeat four times	3/4 10
Cool down: Stretch	Five minutes	