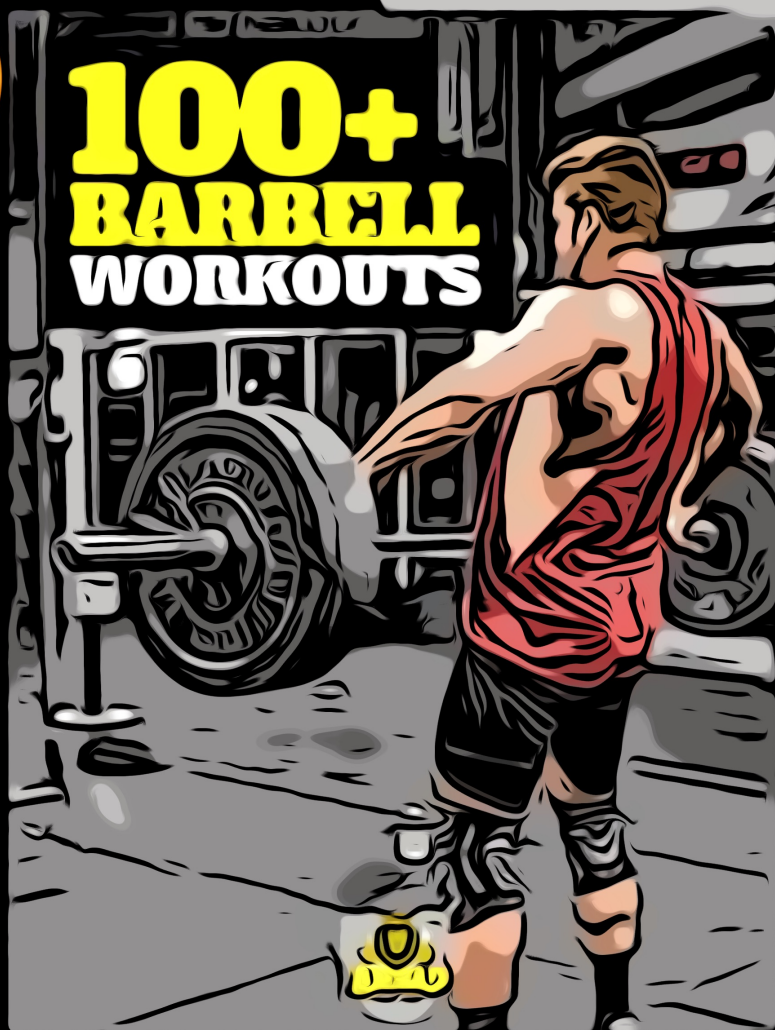




100+ BARBELL WORKOUTS



100+ BARBELL WORKOUTS





AGREEMENT AND RELEASE OF LIABILITY

In consideration of being allowed to participate in the activities and programs offered by AMRAP Plus One, LLC, and to use its programs and training, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge and hold harmless AMRAP Plus One, LLC and its consultants, officers, agents, and employees from any and all responsibility, liability, cost and expenses, including injuries or damages, resulting from my participation in any activities, or my use of any programs designed by AMRAP Plus One, LLC. I do also hereby release AMRAP Plus One, LLC its consultants, officers, agents and employees from any responsibility or liability for any injury, damage or disorder (physical, metabolic, or otherwise) to myself, or in any way arising out of or connected with my participation in any activities with AMRAP Plus One.

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment are a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death related to said fitness activities. In addition, I certify that I am 18 years of age or older.

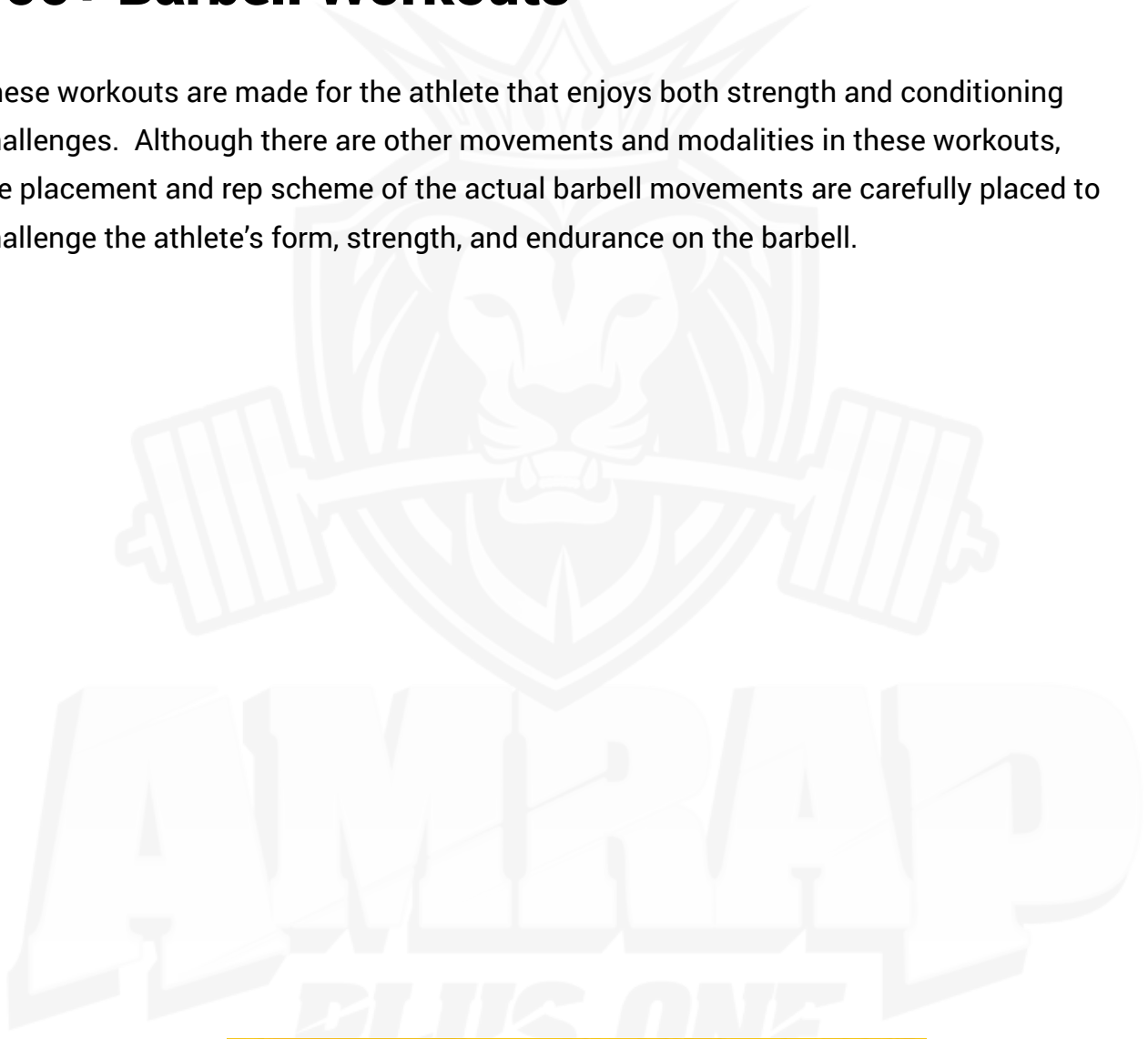
I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would affect nutrient metabolism or prevent my participation or use of equipment or machinery except as hereinafter stated. I do hereby acknowledge that AMRAP Plus One, LLC has recommended to me that I obtain a physician's approval for my participation in an exercise/fitness activity or in the use of exercise equipment and machinery. I also acknowledge that AMRAP Plus One, LLC has recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise and use of exercise and training equipment so that I might have his/ her recommendations concerning these fitness activities and equipment use. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and use of equipment, machinery, and programs designed by AMRAP Plus One, LLC without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities. AMRAP Plus One diet/training programs are not meant to treat or manage any health condition. Always consult with your healthcare provider prior to adjusting your current style of eating or beginning any new diet and/or training plan.

In addition, I hereby represent and warrant that I am currently covered by an accident and health insurance policy. With my purchase of the AMRAP Plus One Training Programs or any other template purchase, I understand that I am not purchasing individual consultation services, and I neither expect nor presume any requirement on the part of the AMRAP Plus One, LLC staff to answer specific, direct questions about the templates nor their modification procedures. I understand that by purchasing any of AMRAP Plus One Training Programs I am bound to this entire agreement. I also agree that the templates are not a guaranteed guide to results of any sort and agree not to hold AMRAP Plus One, LLC staff liable for any outcomes or a lack thereof.



100+ Barbell Workouts

These workouts are made for the athlete that enjoys both strength and conditioning challenges. Although there are other movements and modalities in these workouts, the placement and rep scheme of the actual barbell movements are carefully placed to challenge the athlete's form, strength, and endurance on the barbell.





A. Deadlift

1. For time:

- 21-15-9
- Deadlift (225/155)
- Bar Facing Burpees
- *400m run after each set of burpees (end with 400m run)

2. For time:

- 50 Double Unders (scale: 75 singles)
- 20 Deadlifts (185/125)
- 50 DUs
- 15 Deadlifts (225/155)
- 50 DUs
- 10 Deadlifts (255/185)
- 50 DUs
- 5 Deadlifts (275/205)
- 50 DUs

3. For time:

- 30-20-10
- Deadlifts (225/165)
- Box Jump Overs (24/20)

4. 5 RDS for time:

- 5 Deadlifts (275/185)
- 5 Bar MUs (scale: 3-4 reps of MUs, or 5 C2B pull-ups/5 jumping C2B pull-ups)
- 200m run



5. 10 RDS for time:

- 10 Deadlifts (225/155)
- 10 Wall Balls (20/14)

6. For time:

- 21-15-9
- Deadlifts (225/155)
- T2B (scale: hanging knee raises or lying T2B)

7. 3 RDs for time:

- 500m row
- 9 C2B pull-ups (scale: jumping C2B or banded)
- 15 Deadlift (bodyweight)
- 21 Box Jumps (24/20)

8. EMOM 14:

- Min 1 – 15/12 row cals - scale 5 burpees
- Min 2 – 10 Deadlifts (275/185)

9. EMOM 20:

- Min 1 – 5 Deadlifts (315/215)
- Min 2 – 6 burpees to plate (45#)

10. EMOM 12:

- Min 1 – 3 Deadlifts @ 70%
- Min 2 – 40 DUs (scale: 60 singles)

11. YGIG (you go I go) OR work = rest:

- 5 RDS
- 10 Deadlifts (225/165)
- 20 yd sled push (heavy...should be a marching pace taking roughly 20-30s to complete)



12. For time:

- 10-9-8-7-6-5-4-3-2-1
- Deadlifts (bodyweight)
- Lateral burpees over barbell

13. OT4M for 5 RDS:

- 400m run
- 5 Deadlifts (315/215)

14. 15 Min AMRAP:

- 10 Deadlifts (275/185)
- 10 HSPUs (scale: reduce reps, ab mats, or pike push-ups off box)
- 200m run

15. 4x3 Min AMRAP (2 min rest in between RDS):

- 5 Deadlifts (225/165)
- 10 T2B
- 10 Box Jumps (24/20)



B. Front/Back Squats/Lunges

16. For time:

- 10-8-6-4-2-4-6-8-10
- Back Squat (135/95)
- 100m run after each set of squats (end with 100m run)

17. For time:

- 50-40-30-20-10
- Back Squats (95/65) (take from the ground)
- Ab Mat sit-ups

18. 3 RDS for time:

- 400m run
- 16 Front rack walking lunges (115/75)
- 21 Tuck Jumps

19. 5 RDS for time:

- 400m run
- 15 ab mat sit-ups
- 5 Back Squats *70% of 1 RM

20. EMOM for 20 min:

- Min 1 – 15 weighted sit-ups (anchored, weight depends on athlete – suggested weights: 30/20)
- Min 2 – 20 back rack walking lunges (75/55)

21. EMOM for 14 min:

- Min 1 – 15 back squat (115/75)
- Min 2 – 15 pull-ups (assuming the athlete can butterfly or kip efficiently – modify reps...shouldn't take them more than 30s to complete the set)



22. AMRAP 12 min:

- 7 Back Squat (205/135)
- 7 burpees
- 7 T2B

23. For time:

- 21-15-9
- Row Cals
- Front Squat (135/95) (from the ground)

24. For time:

- 30-20-10
- Front Squat
- T2B

25. 5 RDs for time:

- 12 Front Squat (155/105)
- 9 HSPUs (scale: ab mats, pike push-up off box)
- 6 Bar MUs (scale reps, or replace with C2B pull-ups)

26 . 3 I.T.R:

- 9 lateral burpees
- 15 Front Squats (95/65) (from the ground)
- 21 Row Cals
- 3 minutes rest between RDS

27. AMRAP 8 min, ladder:

- 3 HSPU sub HS hold :15sec
- 3 Front Squats (135/95) (from the ground)
- 6 HSPU sub HS hold :30sec total
- 6 Front Squats
- 9 HSPU sub HS hold :45sec total
- 9 Front Squats...



28. AMRAP 12 min:

- 10 Front Squats (155/105) (from the ground)
- 15 ab mat sit ups
- 20 DUs

29. EMOM 20 min:

- Min 1 – 8 Front Squat (165/115) (from the rack)
- Min 2 – 30 DUs

30. EMOM 10 min:

- 10 Front Squat + 5 lateral burpees over barbell (on the same minute)



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C. Presses/Jerks

31. OT3M for 18min: 200m Run + 5 bench press (70% of 1 RM)

32. Full round You Go I go w/ a partner, or WORK = REST:

- 400m run
- Max reps bench press (70% of 1 RM) – make sure you have a spotter

33. EMOM 14 min:

- Min 1 – 5 bench press (70%)
- Min 2 – 15/12 row cals

34. For time:

- 100-75-50-25 Double Unders
- 25-20-15-10 Bench press (bodyweight/.7 x bodyweight)
- 25-20-15-10 GHD sit-ups (scale: weighted anchored sit-up)

35. 4 I.T.R:

- 200m run
- 15 bench press (165/95)
- Rest 3 minutes

36. For time:

- 100-80-60-40-20 Double Unders
- 30-25-20-15-10 Push Press (115/75 from the ground)

37. 5 RDS for time:

- 400m run
- 15 push press (95/65)
- 2 rope climbs



38. EMOM 14 min:

- Min 1 – 15/12 row cals
- Min 2 – 15 push press (115/75 from the ground)

39. 4 I.T.R:

- 200m run
- 8 push press (155/105 from the ground)
- 12 bar facing burpees
- Rest 2 minutes between rounds

40. 3x3 min AMRAP, 2 minutes rest in between:

- 10 push press (95/65 from the ground)
- 15 RKBS (70/53)

41. For time:

- Push Jerk (135/95)
- RKBS (70/53)

42. On The Minute for 12minutes:

- 5 Push Jerk (135/95)
- 10 Sit-ups/V-Ups

43. 8 RDS for time:

- 200m run
- 5 Push Jerk (185/125) – (scale weight; challenging but can maintain 5 unbroken reps)

44. Take 10 minutes to find a heavy push jerk (from the rack/blocks), then 6 Rounds for time:

- 3 push jerk (from the rack @ 70% of today's 1 RM)
- 6 box jump overs
- 9 KBS (overhead: 70/53)



45. 8 RDS for time:

- 8 push jerk (135/95)
- 8 bar facing burpees



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D. Cleans

46. 10 min AMRAP, ladder:

- 3 power cleans (155/105)
- 3 box jump overs (30/24) sub 6 tuck jumps if no box
- 6 power cleans
- 3 box jump overs
- 9 power cleans
- 3 box jump overs

47. 12 min AMRAP:

- 200m run
- 5 power cleans (155/105)
- 7 bar facing burpees

48. 3x 3min AMRAPs (3 minutes 2 minutes rest in between RDS):

- 5 T2B
- 7 hand release push-ups
- 9 hang power cleans (135/95)

49. 15 min AMRAP:

- 400m run
- 5 squat cleans (185/125)

50. 10 RDs for time:

- 30 DUs (50 singles as scale)
- 3 hang squat cleans (185/125)

51. 7 RDS for time:

- 7 power cleans (135/95)
- 7 bar facing burpees



52. 5 RDS for time:

- 20/15 bike cals
- 5 squat cleans (155/105)
- Rest 2 miutes between RDS

53. 3 RDS for time:

- 800m run
- 5 muscle ups (scale: C2B pull-ups)
- 10 hang power cleans (115/75)

54. 10 RDs for time:

- 2 rope climbs
- 1 squat clean (75% of 1 RM)
- 200m run

55. 4 I.T.R:

- 400m run
- 10 unbroken power cleans (135/95 – adjust weight accordingly)
- 15 box jumps (24/20)
- Rest 3 minutes

56. 3 I.T.R:

- 400m run
- 10 power cleans (135/95)
- 200m run
- 5 squat cleans (185/125)
- Rest 3 minutes



57. 3 I.T.R:

- 9 lateral burpees over barbell
- 12 hang power cleans (115/75)
- 15 ab mat sit ups
- Rest 3 minutes

58. 2 Parts:

- A. EMOM for 10 minutes: 1 hang squat clean and jerk (start at 70% and finish at 80%)
- B. EMOM for 16 minutes: Min 1 – 30 Double Unders (or 30 sec of DU attempts) Min 2 – 7 hang power clean and jerks (135/95)

59. 2 Parts:

- Power clean ladder - OTM for 12: One power clean; men's weight starts at 135 and goes up by 10# each minutes, women's weight start at 85 and goes up by 10# each minute (scale appropriately – you should be getting at least 7 lifts out of the 12)
- As soon as the athlete misses a lift, they must IMMEDIATELY perform 3 RDS – 200m run, 20 wall balls (20/14) Scale: Air Squats
- If athlete makes all 12 lifts, they perform the 3 RD workout after the 12th and final minute of the EMOM

60. AMRAP 20 min:

- 400m run
- 3 squat cleans (225/155)
- 8 bar facing burpees



E. Snatch

61. AMRAP 10 minutes, ladder:

- 3 power snatch (95/65)
- 3 box jump overs (24/20)
- 6 power snatch
- 6 box jump overs
- 9 power snatch
- 9 box jump overs...
- Etc.

62. AMRAP 12 minutes:

- 10 hang power snatch (75/55)
- 10 bar facing burpees

63. AMRAP 15 minutes:

- 200m run
- 5 power snatch (135/95)
- 10 HSPUs

64. Snatch ladder:

- In 10 minutes, complete as much of the ladder as possible:
- 10 power snatch (95/65)
- 8 power snatch (135/95)
- 6 power snatch (155/105)
- 4 power snatch (175/115)
- 2 power snatch (185/125)
- If completed before the 10 minutes, perform max burpees as bonus reps



65. 2 parts:

- EMOM for 10: 1 hang squat snatch + overhead squat (nothing over 70% here – looking for good form and OHS mechanics)
- EMOM for 20: Min 1 – 7 burpee box jump overs, Min 2 – 5 power snatch (155/105) (scale: something slightly heavier than what the athlete normally uses – may need to go to singles at some point which is fine)

66. 5 RDs for time:

- 200m run
- 5 hang squat snatch (135/95)
- 5 bar MUs (or 8 C2B pull-ups)

67. 3 RDS for time:

- 21 row cals
- 15 power snatch (115/75)
- 9 lateral burpees over ERG

68. 10 RDs for time:

- 10 wall balls (20/14)
- 10 power snatch (95/65)

69. 7 RDS for time:

- 7 hang power snatch (95/65)
- 7 lateral burpees over barbell
- 7 T2B

70. EMOM for 15:

- 20 DUs + 3 hang squat snatch (115/75)
- If athlete goes over around, have them rest that minute then start up again on the next



71. EMOM for 20:

- Min 1 – 10 hang power snatch (95/65)
- Min 2 – 10 lateral burpees over barbell (scale to 7-8 reps)

72. 4 I.T.R:

- 400m run
- 15 tuck jumps
- 5 squat snatch (135/95)
- Rest 3 minutes in between RDS

73. 4x4 min AMRAP, 2 minutes rest in between:

- 15 bar facing burpees
- Max hang squat snatch (95/65)

74. Spend 15 minutes finding today's 1 rep max power snatch, then:

- For time: 20 power snatch at 70% of today's 1 rep max

75. 3 RDS for time:

- 9 power snatch (135/95)
- 15 lateral burpees
- 21 Air Squats



F. Overhead Squats/Thrusters

76. AMRAP 10 min:

- 5 thrusters (135/95) (scale to a lighter weight, should be unbroken)
- 7 T2B or V-Ups
- 9 Burpees

77. AMRAP 15 min:

- 8 thrusters (95/65)
- 8 burpee box jump overs
- 400m run

78. EMOM 24:

- Min 1 – 8 bar facing burpees
- Min 2 – 8 thrusters (95/65)
- Min 3 – 8 T2B

79. For time:

- 21-15-12-9-6
- Row cals
- Thrusters (95/65)

80. 5 RDS for time:

- 200m run
- 15 thrusters (96/65)
- 5/3 MUs (scale: number of MUs, 6 C2B pull-ups)

81. For time:

- 30-20-10
- Thrusters (95/65)
- KBS (53/35)



82. Spend 15 minutes finding a 1 RM thruster from the ground (if the clean is very limiting for a particular athlete then make the call to have them go from the rack), then:

- 5 RDS For time:
- 3 thrusters at 60% of today's 1 RM
- 400m run

83. AMRAP 10 min, ladder:

- 3 OHS (95/65)
- 3 box jump overs (30/24)
- 6 OHS
- 3 box jump overs
- 9 OHS
- 3 box jump overs...
- Etc.

84. AMRAP 20 min:

- 21 row cals
- 15 OH (95/65)
- 9 bar facing burpees

85. 5 RDS for time:

- 200m run
- 5 OHS (135/95)
- 7 HSPUs

86. 10 RDS for time:

- 20 DUs
- 12 Dips
- 7 OHS (115/75)



87. 7 RDS for time:

- 7 OHS (95/65)
- 7 lateral burpees over barbell
- 7 V-Ups

88. OT5 minutes for 5 sets:

- 400m run
- 15 OHS (95/65)
- 7 lateral burpees

89. 4 I.T.R:

- 30 row cals
- 15 OHS (135/95 – scale to a lighter weight if athletes breaks them up in more than 2 sets)
- 3 minutes rest between RDS

90. EMOM for 16:

- Min 1 – 30 DUs or 40 singles
- Min 2 – 10 OHS (115/75)



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G. Combination Movements

91. EMOM for 15:

- Min 1 – 7 hang power clean and jerk (135/95)
- Min 2 – 7 front squat (135/95)
- Min 3 – 30 lateral jumps over barbell

92. OT4M for 6 sets:

- Odd sets: 200m run + 10 power cleans (155/105)
- Even sets: 200m run + 10 S2OH (155/105)
- Scale: lighter weight on the barbell, especially if one movement is the limiting factor

93. 4 RDS for time:

- 400m run
- 15 Deadlifts (185/125)
- 200m run
- 5 squat cleans (185/125)
- Weights must be the same for both movements; scale accordingly

94. For time:

- 21-15-9: row cals, OHS (95/65)
- Rest 3 minutes
- 21-15-9: row cals, thrusters

95. For time:

- 30 bear complex (weight depends on athlete. Should be done as “singles.”)
(suggested weights: stronger athletes – 155-185#/105-125#)



96. 10 RDS for time:

- 15 DUs
- 5 hang squat cleans (115/75)
- 15 DUs
- 5 hang power snatch

97. Spend 15 minutes to work up to a heavy squat clean & jerk, then:

- For time: 15 clean and jerk at 65% of today's 1 RM

98. 5 RDS for time:

- 10 thrusters (95/65)
- 10 pull-ups or ring rows
- 10 power snatch (95/65)
- 10 bar facing burpees

99. 15 min AMRAP:

- 5 power snatch (135/95)
- 10 lateral burpees
- 2 rope climbs scale: 6
reverse grip pull-ups

100. 10-9-8...1

- Deadlifts (135/95)
- Front Squats (135/95)

101. For time:

- 30-20-10
- Front rack walking lunge (75/55)
- RKBS (70/53)



Congrats! You have finished!

We want to hear about your results! Make sure you tag us [@amrapplusone](https://www.instagram.com/amrapplusone) on all social media platforms so we can check out and maybe feature some of your progress!



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Glossary with Videos

In Alphabetical Order

Alt = alternating

AMRAP = as many rounds/reps as possible

Buy-in = exercise/movement(s) performed one time through BEFORE the workout

Buy-out = exercise/movement(s) performed one time AFTER the workout

BW = BodyWeight

Cash-out = see “buy-out”

C & J = Clean and Jerk =

https://www.youtube.com/results?search_query=crossfit+power+clean+and+jerk

CTB = Chest To Bar = C2B =

https://www.youtube.com/results?search_query=crossfit+chest+to+bar

DB(s) = DumbBell(s)

DBL = Double

DL = Deadlifts =

https://www.youtube.com/results?search_query=crossfit+deadlifts

DU(s) = Double Under(s) =



https://www.youtube.com/results?search_query=crossfit+double+unders

EMOM = each minute on the minute

ERG = Ergometer (aka the part of the rower the seat slides on)

G2OH = ground to overhead (aka snatch, power snatch, clean and jerk, etc) =

https://www.youtube.com/results?search_query=crossfit+ground+to+overhead

GHD = Glute-Ham Developer

HPC = Hang Power Clean =

https://www.youtube.com/results?search_query=crossfit+hang+power+clean

HPS = Hang Power Snatch =

https://www.youtube.com/results?search_query=crossfit+hang+power+snatch

HSPU = Hand Stand Push Ups =

https://www.youtube.com/results?search_query=crossfit+hand+stand+push+ups

I.T.R = Individually Timed Round

K2E = Knees To Elbow =

https://www.youtube.com/results?search_query=crossfit+knees+to+elbow

KBS = Kettle Bell Swing =

https://www.youtube.com/results?search_query=crossfit+kettlebell+swings

RKBS = Russian Kettle Bell Swing =

https://www.youtube.com/results?search_query=crossfit+russian+kettlebell+swings



MONO-STRUCTURAL = single form of metabolic conditioning such as biking, rowing, running, etc.

MU = Muscle Ups =

https://www.youtube.com/results?search_query=crossfit+Muscle+ups

N2W = Nose To Wall, as in “N2W facing handstand”

OH = OverHead

OHS = Over Head Squat =

https://www.youtube.com/results?search_query=crossfit+over+head+squat

ON/OFF = x amount of seconds of work, y amount of seconds of rest

OTM = On The Minute

OTxM = on the seconds/minutes where “x” can be any amount of time

RD(s) = Round(s)

ROM: Range Of Motion

Ring Dips =

https://www.youtube.com/results?search_query=crossfit+ring+dips

RR: Ring Row =

https://www.youtube.com/results?search_query=crossfit+ring+row



S2OH = Shoulder To Overhead =

https://www.youtube.com/results?search_query=crossfit+shoulder+to+overhead

SUITCASE DL = with dumbbells or kettlebells held on the outside of the leg, one in each hand
=

https://www.youtube.com/results?search_query=crossfit+suitcase+deadlift

SU(s) = Single Under(s) =

https://www.youtube.com/results?search_query=crossfit+single+unders

TIME TRIAL = typically near a 100% effort of a mono-structural distance

TTB = Toes To Bar = T2B =

https://www.youtube.com/results?search_query=crossfit+toes+to+bar

TOWEL OVER RIG = small towel looped over a bar on the rig to drill grip strength for rope climbs

TUCK-SIT = core movement where you lie prone, then tuck up onto the tail bone, upper and lower body moving to both positions simultaneously =

https://www.youtube.com/results?search_query=crossfit+tuck+sit

V-SIT = see above, except legs are locked out and straight

WB = Wall Balls = https://www.youtube.com/results?search_query=crossfit+wall+balls

Weight designations = i.e. (55/35) = 55lbs for men, 35lbs for women

YGIG = You Go I Go (partner style workout)