

BARBELL BATTLEFIELD

BY
**TRAVIS
STOETZEL
CSCS**

THE
**ULTIMATE
GUIDE**
FOR BUILDING
LEAN MUSCLE
AND **BRUTE
STRENGTH**
WITH BARBELL
COMPLEXES



COMPLEXES

BARBELL BATTLEFIELD

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Barbell Battlefield – The Ultimate Guide To Building Lean Muscle and Brute Strength With Complex Training

Barbell Battlefield – ALL out war with the BARBELL!

Hey, first of all, THANK YOU for grabbing your copy of Barbell Battlefield!

If you don't know me, I'm Travis Stoetzel. I own a small hardcore garage style gym in Omaha, Nebraska called The Forged Athlete. There I train only SERIOUS athletes and trainees that are committed to getting better by dedicating themselves to hard work. I'm a HUGE believer of training hard and highly unconventional with everything from kettlebells, barbells, sandbags, dumbbells, tires, sleds, ropes, chains, and other odd object strength and power creating tools.

In this Ebook, you're about to dig a lot deeper into the world of barbell complex training! If you are new to this style of training, you are in for a treat! The name of this Ebook is *Barbell Battlefield* and that represents EXACTLY what Barbell complexes are all about – WAR!

Barbell complexes will toughen you up, add slabs of muscle onto your frame and build you into a complete machine!

Congrats to you for wanting to take your training to the NEXT level with Barbell Complexes! This is NOT for the weak but for those wanting to get STRONGER in many more ways than one!

I challenge you to go through some of the different complexes I have laid out for you in this ebook. Don't look at it as just another bunch of workouts. Look at it as a TEST. Look at it as a test for your physical and mental well being.

Complexes are tough! I've made sure that I included my most BRUTAL and mentally challenging complexes I've ever created within this program.

You have been warned! Good luck and THANKS again for downloading my ebook!

Live Aggressive and Get Strong!

T r a v i s

WHY COMPLEXES??

Give me a barbell and I'll get you a bigger, stronger, leaner, meaner, and more powerful body in weeks! Barbell complexes are one of my favorite ways to increase results.

So why complexes? Well, the question should be why not? Complexes can be used for a number of different outcomes. Strength, power, conditioning, and even gaining more lean mass. The bottom line, complex training needs to be a part of a training program no matter what the training goal or outcome is.

Other than just being able to produce a wide array of results from melting fat off the body to building lean dense muscle, complexes build mental strength as well. I'm a strong believer in having a strong mind. A stronger mind means stronger body overall. The more mental toughness a person has, the better that person will be at dealing with different things life throws their way. Whether that be in sports, their job, or just daily situations, mental toughness plays a huge role in a person's life.

Here's an example of how complexes can help build up mental strength that will ultimately cross over into other areas of a person's life...

When doing a complex, a person can feel fatigued, tired, and often times nauseous. It is then at the moment we choose to either push on and cope with the pain and stress of what it is we are doing or simply lay the bar down and quit. In this instance, Do you feel sorry for yourself? Or do you push on with the complex and finish out the set? If you push past the pain and learn how to deal with the stress, it is then you have successfully strengthened your mind.

I have never experienced more pain and stress then when doing a brutal barbell circuit. After doing a wide array of different types of complexes, I find that the small stresses and problems in daily life really aren't that bad after all when compared to some of the different barbell complexes I've done.

It's just a fact of life that when you dig deep and push beyond your barriers in workouts, especially when doing complexes, you'll become more successful in life through building a stronger sense of character. This will all add to building up a larger amount of mental capacity that will allow you to deal with more problems and everyday stresses easier.

Now another reason I simply love complexes of all shapes and sizes is that they give you the best bang for your buck! Most complexes will challenge the whole body as one unit. You'll use a wide array of muscles from your neck all the way down to your feet. There's no better way to fit in a tight workout than to hit a good solid complex.

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All you need to do is pick 2-5 exercises and mix them all into one flowing set to make up a nice little complex. These are easy to fit into a matter of 15-20 mins. **The best of all – this leaves people with NO EXCUSE to miss out on a workout.** When excuses can be left out all together, life is good! Trust me on that one!

Another reason complexes are so great is because in my opinion, they are actually the best type of cardio you can do, especially if you're trying to pack on LEAN MUSCLE and LOSE FAT all at once. You get the benefits of lifting weights and doing high intensity cardio all at the same time. Your heart rate goes through the roof when you're doing a well drawn up complex and your muscles are pushed beyond their limits from the weight being thrown around. Your muscles will be on fire and your heart will want to explode! What more could you ask for??

The overall benefits of complexes are ten fold! Think about the things that can be accomplished when training with complexes:

- Fast and Efficient – complexes save you time
- Improves work capacity and endurance
- Increases training volume which can help increase lean muscle gain
- Boost strength endurance and cardio
- Burns tons of calories which will in turn melt fat off the body
- Improves grip strength

The ONLY drawback I see with complexes are:

- No SPECIFIC muscle work can be done
- Not the BEST for strength specific training
- They are WAY too BRUTAL for beginners and most intermediates

Other than these main drawbacks, complexes kick ACE! Let's talk more about em....

So, What are they?

So with all this talk about complexes and why they are so good for you, what are they exactly?? Well, let's go over the details....

Before, I get into what I think complexes are, let's talk a little bit about where complexes came from and where they were exactly invented! I want to make sure and give credit where credit is due!

I took this directly off of Istvan Javorek's website, who is called, "The Father of Complex Training" ...

From what I've heard, from the far end of Siberia to Iceland to California - thousands of coaches are performing with their athletes Javorek's Complex exercises, but some of

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them give credit to themselves. I really worked hard on developing these exercises and I like to share with everyone my "little secrets" just give credit to the "creator".

*My Original Goal with the Complex exercises was to find an **efficient and aggressive method of performance enhancement** that saves time and makes the program more enjoyable. If you choose to use these (in some form) with your athletes, be honest and call your new complex exercise "**Variation to Javorek's Complex Exercises**"*

Now, with that being laid out, I like to describe a complex as a well planned out series of movements, usually within the 5-10 rep range but can also be on the low end of 3 or up to the high end of 20 reps with NO rest between each movement. Most complexes will be made up of anywhere from 2-5 movements but sometimes can have 10.

So, for example, you'll grab barbell, a pair of [kettlebells](#), dumbbells, or even an [ultimate sandbag](#) and never drop the weight until all of the movements have all been completed.

You'll whole body will fatigue, your grip will weaken, your forearms will explode, and you'll more than likely just want to die. The bottom line as I mentioned above is that complexes will ultimately make you one tough SOB!

Hence the name of this ebook – Barbell Battlefield! If you haven't figured it out yet, Complex training is war and I want to make you a MACHINE! When you train like this, it's "TAKE NO PRISONERS"! It's you verses the weight!

This is one of the main reasons I choose to write this ebook about complexes. I fell in love with them after I saw what they could do for me and the athletes I was training. As I mentioned above, not only do complexes improve strength, power, and conditioning, but mental toughness also improves! This is so crucial!

So, without further ado, let's dive into this program head on!

HOW TO TRAIN WITH COMPLEXES?

So the first topic we need to talk about when training with complexes is, HOW? How do we add complexes into our programs? The first thing you need to figure out is to determine what your overall goal is going to be.

Is it to gain strength, increase power, improve conditioning, get BIGGER, LEANER?

Overall, complexes will work best for getting leaner, increasing conditioning, and increasing power. If you're overall goal is to gain MAX strength or gain lots of extra muscle, complexes probably are NOT the best option.

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You will gain and retain lean muscle, but it will be tough to add pounds and pounds of muscle onto your frame with such a metabolic activity as complexes are. Your best bet for that would be to throw in complexes 1-2 times a week maximum to gain mass and strength.

Now, the best type of people that will benefit the most from complexes will be combat athletes like wrestlers, MMA fighters, and boxers. Of course, it's not just limited to those athletes! ALL athletes can benefit from complexes in some form or another. I've found combat athletes to benefit the most due to the nature of their sport. Other candidates that will benefit the most from complexes are going to be people that are looking to get LEAN and gain mass all at once. Doing complexes will have you burning calories at a super high rate for a long period of time so if a person is looking to shred up fast, adding complexes in 3 times a week minimum, will do this fast.

The best way to program complexes into your weekly program is to make sure and have a set schedule first. Most complexes are full body in nature so it is a smarter option to set your training schedule up with a 3 day split.

So for this program, there will be two different options.

- 1) A 3 day per week program
- 2) A 4 day per week program

The 3 day program will be full body CONDITIONING focused while the 4 day program will be more of STRENGTH based split between full body workouts and upper/lower splits.

See example below:

3 DAY CONDITIONING BASED PROGRAM (4 WEEKS)

DAY 1

- 1A) HEAVY STRENGTH MOVEMENT
- 2A) FULL BODY BARBELL COMPLEX

DAY 2

- 1A) HEAVY STRENGTH MOVEMENT
- 2A) FULL BODY BARBELL COMPLEX

DAY 3

- 1A) HEAVY STRENGTH MOVEMENT
- 2A) FULL BODY BARBELL COMPLEX

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STRENGTH 4 DAY STRENGTH BASED PROGRAM (4 WEEKS)

DAY 1 – UPPER

- 1A) UPPER STRENGTH MOVEMENT
- 2A) UPPER PUSH / PULL ASSISTANCE SUPER SET
- 3A) AB / GRIP MOVEMENTS

DAY 2 – FULL BODY

- 1A) EXPLOSIVE MOVEMENT – JUMPS / PLYOS
- 2A) ***FULL BODY BARBELL COMPLEX

DAY 3 – LOWER

- 1A) EXPLOSIVE MOVEMENT – JUMPS / PLYOS
- 2A) LOWER BODY STRENGTH MOVEMENT
- 3A) LOWER BODY KNEE DOMINANT ASSISTANCE
- 3B) AB MOVEMENT
- 4A) LOWER BODY HIP DOMINANT ASSISTANCE
- 4A) AB MOVEMENT

DAY 4 – FULL BODY

- 1A) EXPLOSIVE MOVEMENT – JUMPS / PLYOS
- 2A) ***FULL BODY BARBELL COMPLEX

Another important rule when using complexes is to make sure and hit them only when needed! You do NOT want to have your program simply be complexes.



THE BARBELL BATTLEFIELD - RULES OF COMPLEXES.

Complexes can be tricky to create. For that, I have a set of RULES that one must follow when training and creating complexes.

The FIRST rule of complexes is that ALL the movements you do within a complex are performed with perfect to near perfect form and technique. We never want to risk doing an exercise with poor technique! Before you even start to do complexes, you should be highly efficient at each of the movements within the complex! When we train, injury prevention should be number one priority overall! If you are injured, you can't train! Obviously, as you fatigue, technique will suffer some, just try your best to keep in good form!

Rule number TWO states that the weight selected for your complex, shall be a % of your weakest movement used within the complex. This rule will help you determine how much weight you throw on the bar when doing complexes.

For example, if you are doing three movements within a complex, which include the deadlift, military press, and back squat, your highest lift will more than likely be either the deadlift or squat. The military press will more than likely be your weakest lift within the set of movements. So the weight you choose for the complex will have to be a % of what you are able to do on the military press.

So for example, these are your 1 Rep MAX.

Deadlift = 405lbs x 1

Squat = 455 lbs x 1

Military Press = 185 x 1

If you were doing a complex with these three movements, say for 5 reps a piece, you would want to go off of your Military Press weight of 185.

From these numbers, you would want to choose a weight around 50-55% (not limited to that) of your 1 rep max weight. For you military press, this weight would be 90 lbs which is close to 55% of 185. So for this complex, you would do 90 lbs.

You do not have to use this for all the complexes you do. Obviously you are limited to your weakest lift. So if you are going for strength, choose movements that are better suited to allow you to go heavier.

If you are extremely weak in a movement, say military press for example, then I would recommend doing military presses alone and keeping them out of complexes if your overall goal is strength. Doing military presses alone in time will allow you to gain more strength in the movement so when you do add them into your complexes, you will be able to use a higher amount of weight.

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Rule number THREE states that you must select “kickass” movements only! My favorite movements for barbell complexes include:

- All variations of cleans
- All variations of snatches
- All variations of squats
- High Pulls
- Jerks
- Push Presses
- Military
- Bent Rows
- All Deadlift Variations
- Good Mornings
- Romanian Deadlifts
- All variations of lunges
- Cheat / Power Curls

Your complexes are NEVER limited to just these movements! You are limited by what you can think up!

The best way to build your complexes would be so that your movements all “flow” together well. You want to have an easy transition between movements. Switching up your grip and hand position a ton will result in longer complexes. This is not always that bad.

THE POWER CLEAN

The power clean is by far the MOST important movement to learn how to perform correctly when it comes to complexes. The power clean is the link between all of the movements you do from movements off of the floor up to movements over your head.

In order to get the bar into position for overhead presses, rows, squats, and lunges, you must be able to properly clean the bar off the floor to get the bar into proper position.

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HOW TO POWER CLEAN.



Starting position

You want to have your feet shoulder width apart. Start in a solid deadlift position with your back tight and flat by retracting your shoulder blades, while having your weight on your heels.



First Pull

The first pull isn't a rip off the floor. Pull the bar off the floor similar to a deadlift but try to use your hamstrings and glutes more than anything. Keep your arms straight and your chest up with a very tight and flat back. Keep the bar close to your body as you rise up. Your shoulders should be out in front of the bar, with your hips high.



Transition

This is where the explosion of your hips is the most important. As the bar gets past above your knees, thrust your hips forward, pulling your body upright.

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Second pull

As you straighten your knees and hips, you'll come all the way up on your toes. Think as if you are about to do a "vertical jump". This is considered "triple extension" as your knees, hips, and ankles are all extended. Finally, you'll violently shrug your shoulders and high pull the bar towards your chin.



The Catch

At this point, you want to pull your body back underneath the bar by quarter squatting and rotating your arm underneath the bar so your triceps are parallel to the floor and the bar is in the "rack position" across your chest.

Stand up to complete the repetition, then lower the bar back to the floor to repeat reps or transition into your next movement in the complex.



The Rack position



This is one of the most important positions when doing complexes as many of the movements you do transition through the rack position. When you're in the rack position your chest should be up with your elbow pointing forward. The weight of the bar should be on the shoulders. This is a very important point to remember!

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Common Mistakes with the Power Clean

- Rounding the back – make sure to always have your shoulder blades tight, chest up
- Wide Stance – make sure your feet aren't too wide – this will limit your power
- Lifting the bar out and away from the body – the bar should go in a straight line from the floor to the rack position as FAST and as POWERFUL as possible. THINK SPEED!
- Jerking the bar off the floor – this goes back to having a tight back. Never let tension off your upper back, always stay tight!

TYPES OF COMPLEXES?

There are tons different types of complexes you can perform. You can create different types of complexes all based around the amount of reps you choose to hit with each movement. Choose the following reps ranges for your movements:

- a. Strength 3-5/ movement @ A heavy weight
- b. Power 3-5/ movement @ A moderate weight (movements need to be FAST)
- c. Conditioning 5-20/ movement @ A light weight
- d. Mass Building 6-10/ movement @ a moderate weight

You are not limited to just one rep scheme for the whole complex. For example, you can start out with a power movement for 3 reps, go to a strength movement for 5 reps, and then end with two conditioning movements for 10 reps.

Here's what it would look like:

1A) Power Clean (POWER) x 3

1B) Front Squat (STRENGTH)x 5

1C) Push Press (CONDITIONING)x 10

1D) Deadlift (CONDITIONING) x 10

That's just another example of how you can set up your complexes.

There are a million and one ways to do it but make sure you know what it is you're after when considering strength, power, conditioning, ect!

Bottom line, make sure you go ALL OUT and attack your complexes with FULL FORCE!

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LETHAL BARBELL COMPLEXES

Here are some of my favorite and most LETHAL barbell complexes that I've done myself and that I've ever had my clients do. You can choose the reps and sets you do depending on what your overall goal is in each complex!

1A) Power Clean

1B) Deadlift

=====

1A) Power Clean

1B) Military OR Push Press

=====

1A) Front Squat

1B) Military OR Push Press

=====

1A) Power Snatch

1B) OH Squat

1C) Push Press

=====

1A) Power Clean

1B) OH Press

1C) Back Squat

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1A) Jump Squats

1B) Push Press

1C) Front Squats

=====

1A) Power Clean

1B) Front Squat

1C) Bent Row

1C) Deadlift

=====

1A) Sumo Deadlift

1B) High Pull

1C) Military Press

1D) Drop Lunges

=====

1A) Snatch Grip Deadlift

1B) Power Snatch

1C) OH Squat

1D) Snatch Grip Bent Row

=====

BARBELL BATTLEFIELD

1A) Power Clean

1B) Front Squat

1C) Drop Lunge

1D) Bent Row

1E) Push Ups Off Barbell

=====

1A) Deadlift

1B) Burpee Off The Barbell

1C) Power Clean

1D) Push Press

=====

1A) Power Snatch

1B) Back Squat

1C) Drop Lunges

1D) Power High Pulls

=====

1A) Reverse Grip Deadlift

1B) Power Cheat Curls

1C) Reverse Grip Overhead Press

1D) Bent Reverse Grip Rows

=====

BARBELL BATTLEFIELD

1A) Back Squat

1B) Drop Lunge

1C) Front Squat

=====

1A) Power Clean

1B) OH Press

1C) Good Morning

1D) Drop Lunge

=====

1A) RDL

1B) Bent Row

1C) Deadlift

1D) Power Clean

1E) OH Press

1F) Front Squat

=====

1A) Snatch Grip Deadlift

1B) Snatch

1C) Deadlift

1D) Power Clean

=====

BARBELL BATTLEFIELD

1A) Snatch

1B) Good Morning

1C) Back Squat

1D) OH Press

1E) RDL

=====

1A) Power Clean

1B) Push Ups Off The Barbell

1C) Deadlift

1D) Front Squat

1E) Burpee Off The Barbell

=====

1A) OH Squat

1B) OH Press

1C) Front Squat

1D) Bent Row

1E) RDL

=====

BARBELL BATTLEFIELD

1A) Jump Squat

1B) Back Squat

1C) Push Press

1D) OH Press

=====

1A) Deadlift

1B) Power Clean

1C) Front Squat

1D) Jump Squat

=====

1A) Power Clean

1B) Front Squat

1C) Power Snatch

1D) Push Press

1E) Back Squat

1F) RDL

1G) Bent Row

=====

1A) Deadlift

1B) High Pull

1C) Hang Clean

BARBELL BATTLEFIELD

=====

1A) Power Clean

1B) Bent Row

1C) Front Squat

1D) OH Press

1E) Drop Lunge

=====

1A) Deadlift

1B) High Pulls

1C) Sumo Deadlift

1D) Sumo High Pulls

=====

1A) Squat Jumps

1B) Push Press

1C) Power Cleans

1D) Deadlift

=====

BARBELL BATTLEFIELD

AKA – “THE BEAST” – WARNING - FOR BADASS’ ONLY

-5 reps each lift

1A) DEADLIFTS

1B) POWER CLEAN

1C) POWER SNATCH

1D) FRONT SQUATS

1E) PUSH PRESS

1F) BACK SQUATS

1G) DROP LUNGES

1H) RDL

=====

AKA – “DEATH BY BARBELL”

-8 reps per lift

1A) POWER SNATCH

1B) OH SQUAT

1C) PUSH PRESS

1D) BACK SQUAT

1E) DROP LUNGE

1F) BENT ROW

1G) RDL

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The FIRST “Original” COMPLEXES – Created By Istvan Javorek

Javorek's Barbell Complex # 1

Upright Row	x 6
Snatch	x 6
Behind the Head Squat Push Press	x 6
Behind the Head Good Morning	x 6
Bent Over Row	x 6

This basic complex is where all barbell complexes were said to be originated from.

Another quote taken from Istvan's Javorek's website:

His original idea for complexes was to find an efficient and aggressive method of performance enhancement that saves time and makes the program more enjoyable. If you choose to use these (in some form) with your athletes, be honest and call your new complex exercise “Variation to Javorek's Complex Exercises

BONUS BARBELL COMPLEX!!!

The Grappler Series Complex

Set Up: Place a bar inside a plate laying flat on the floor or place the barbell into a Grappler. From here you can perform a number of different “Grappler” inspired movements

Perform Reps on one side then repeat on the other

1A) Grappler Front Squat

1B) Grappler Press

1C) Grappler Drop Lunge

1D) Grappler Bent Row

BARBELL BATTLEFIELD

=====

1A) Grappler OH Squat

1B) Grappler Shoulder Press

1C) Grappler Shrug

1D) Grappler Deadlift

=====

1A) Grappler OH Squat

1B) Grappler Push Press

1C) Grappler Rotation (Use as Transition To Other Side and Repeat 1A, 1B, and 1C)

=====

1A) Grappler Deadlift

1B) Grappler Bent Row

1C) Grappler Lunge

1D) Grappler Press

BARBELL BATTLEFIELD

Exercise / Picture Index



Start Position - Good Positioning – Flat “tight” back, hips back, chest up



Bad Positioning – Rounded Back, High hips, chest down – AVOID this position!



Front View – Good Position – arms “clean grip”

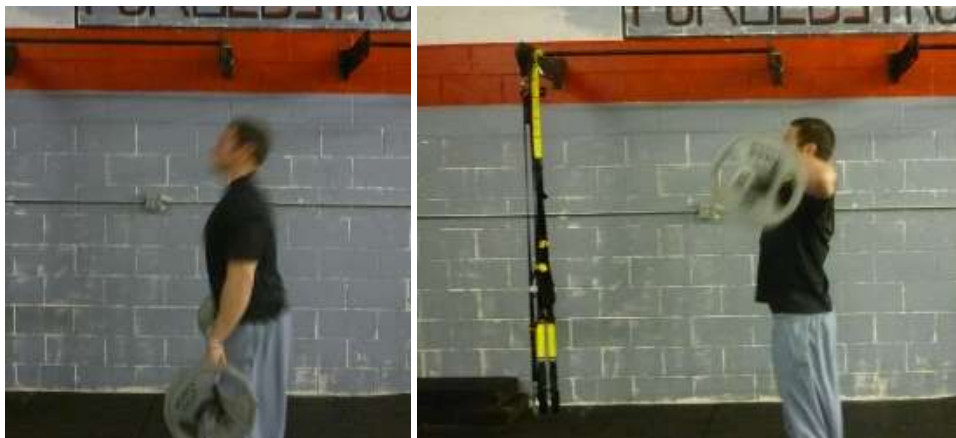
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Shrug – Extend hips through, squeeze shoulder blades and drive shoulders to ears



Bent Row – FLAT back, butt back, knees slightly bent, drive elbow up, squeeze shoulder blades, keep head neutral



BARBELL BATTLEFIELD

High Pull – Stand tall, tight back, chest up, lead with the elbows and drive to the sky



Front Squat – with the bar in the *rack position*, start by sitting your hips back and down while keeping your weight on your heels. Try to get your hips **BELOW** parallel. Drive up through your heels and squeeze your butt on the way up. Keep your elbows high and chest up with tight back.



Overhead Press – with the bar starting in the *rack position*, begin by keeping the elbows in tight and abs and back locked in. Drive the barbell up overhead into the lockout position. Finish the lift by squeezing your shoulder blades together. Lower in front of face back to the rack and repeat.

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Push Press – Same as overhead / military press but now you will use your hips and leg drive to thrust or power the weight overhead. Starting in the rack, quickly dip the hips just a few inches. This is NOT a squat, rather just a small dip. Then, explosively extend your hips and you press the weight overhead. Lock the weight out overhead and squeeze your shoulder blades. Lower the weight and repeat for reps.



Back Squat – with the bar across your back, start by sitting your hips back and down while keeping your weight back on your heels. Focus on keeping your chest up, having a tight back, and sitting your hips low. Drive through your heels on the way up and squeeze your butt at the top.

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Good Mornings – With the barbell across your back, start by pushing your hips as far back as possible while keeping your head and chest up. Squeeze your shoulder blades and keep your back flat. Stay on your heels and drive up by squeeze your glutes and extending your hips forward



Sumo Deadlifts – Start in a similar position as the deadlift but with wide stance and hands inside. Follow the same steps as deadlift.

BARBELL BATTLEFIELD



Sumo High Pulls - Start in a deadlift stance. Use normal deadlift mechanics but continue by driving leading with your elbows towards the sky. Squeeze your upper back and pull the bar to your chin. Lower under control and repeat for reps.



Regular grip high pull – same as sumo high pulls but with regular width grip.

BARBELL BATTLEFIELD



Reverse Grip Deadlift – Same as deadlift BUT with a reverse grip.

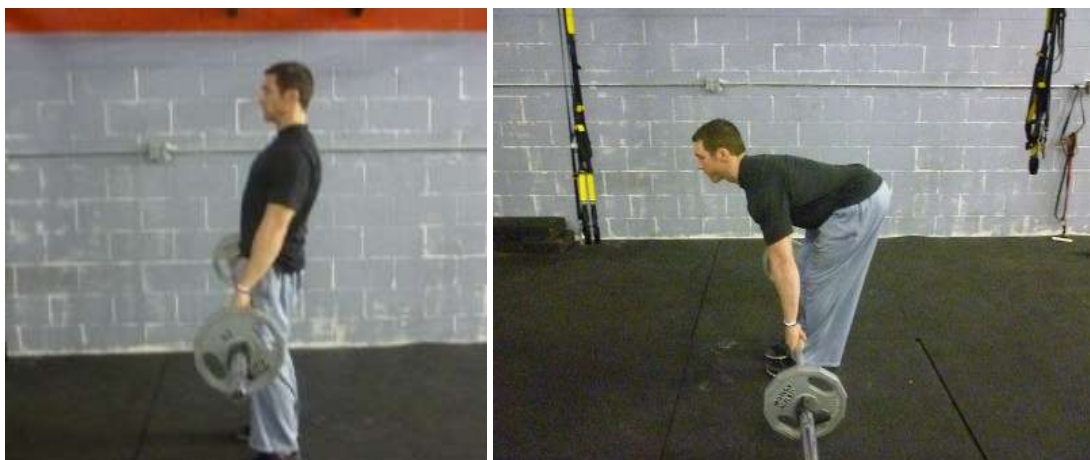


Snatch Grip Deadlift – Same as deadlift BUT with snatch grip. Have your hands be about as wide as the outside notch on the barbell.

BARBELL BATTLEFIELD



Power / Cheat Curls – Similar to hang cleans but with a reverse grip. Start by sitting hips back, keep your back tight and flat. Explosively thrust your hips forward while curling the bar up to your chest. Lower the bar down slow and under control. Repeat for reps.



Romanian Deadlift (RDL) – Start with chest up, shoulder blades back and tight. Begin with pushing the hips back while only slightly bending the knees. Lower until the bar gets to about your mid-shin. Keep weight back on your heels. Stand up by squeezing your hamstrings and glutes tight.

BARBELL BATTLEFIELD



Drop Lunge from rack position – with the bar in the *rack position*, start by stepping back with one leg. Keep your chest and elbow up while you squat down and light touch your back knee to the floor. Drive up through your FRONT heel and step back together. Alternate legs OR do each leg separately.



Drop Lunge from back squat position – Same as above but with different bar position.

BARBELL BATTLEFIELD



Power Snatch – similar to the power clean but with a much wider, snatch grip. Now you will be finishing the lift with the barbell overhead in the lockout position.

Start with your first pull by dead lifting the weight up. As you pass your knees, explosively thrust your hips forward. Hit “triple extension” with your hips, knees and ankles while pulling the bar overhead. Finish under control with a slight bend in the knees with bar locked out overhead. Stand up tall in the overhead squat position. Lower the weight and repeat for reps.

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Overhead Squat – With the barbell overhead in lockout, start by sitting your hips back and down while keeping weight on your heels. Squeeze your shoulder blades tight and bring your shoulders towards your ears. Arch your back as much as possible. Squat hips at parallel or below parallel. Finish by driving through your heels and squeezing your butt while keeping bar overhead in lockout.

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Push Up Off Barbell – start in push up position with tight abs, back, and glutes. Go down while sucking in your elbows and tightening your lats. Touch your chest and drive up through the bar back into the start position.

GRAPPLER BARBELL MOVEMENTS



The Set Up – place a plate on the floor for the pivot point. Make sure the plate is secure next to a wall or in a corner. Next, place the empty end of the barbell into the center of the plate to use as a pivot point for your grappler movements.

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Grappler Press – Grab barbell at the very end. Keep body tight from head to toe and drive the barbell over head into full lockout. Lower and repeat for reps.



Grappler Squat – Hold the end of the barbell at shoulder. Keep your elbow tight to the body while you sit your hips down and back. Keep weight on your heels and lower your hips below parallel. Drive through your heels and squeeze your butt at the top of the lift.

BARBELL BATTLEFIELD



Grappler Shrug – With the barbell in the farmer position, drive your shoulder to your ear as you squeeze your shoulder blades tight together. Drive up on your toes as you shrug your shoulders. Lower and repeat for reps.



Grappler Deadlift – With the bar in the farmer position – use proper dead lifting technique.

BARBELL BATTLEFIELD



Grappler Bent Row – Start by splitting your legs into a good athletic position - knees bent with most of your weight on your front foot. Keep your back tight and flat, bend at your hips to lean forward. Grab the bar on the same side that your leg is back on. Front here, drive your elbow up to the ceiling and squeeze your shoulder blades together at the top. Lower and repeat for reps.



Grappler Overhead Squat – Start by pressing the bar overhead into lockout. Keep your shoulder blades squeezed tight with your armpit in your ear. Sit your hips back and down while keeping weight back on your heels. Squat your hips below parallel. Drive up through your heels while keeping the bar in overhead position with your shoulder blades tight.

BARBELL BATTLEFIELD



Grappler Drop Lunge – With the bar in over head position – step back with one leg and drop down into a split squat. Keep chest up and out and back tight. Try to “kiss” your knee onto the floor. Drive up through your front heel until you step your feet back to the side by side position.

BARBELL BATTLEFIELD



Grappler Rotations – Start by grasping the barbell at the very end with both arms. Keep your core tight and resist rotation through the movements. Keeping your arms completely straight, rotate the bar to your hip. When you hit your hip, reverse the movement while still keeping your abs tight and rotate to the other hip. Repeat for reps.

FINAL WORDS

Again, THANK YOU for grabbing Barbell Battlefield. It's now in your hands to either go thru some of the LETHAL barbell complexes I have set out for you above!

You are the general in this war! Make sure you ATTACK your workouts with relentless effort and drive.

Don't give up! Push beyond your means!

I like to say that a training session really never starts until your tired. This is where your true warrior character is defined.

Are you a true warrior?

Can you go above your limits?

Test yourself and push past your comfort zone!

Your true potential awaits!

Bottom line, make sure you....

LIVE AGGRESSIVE and GET STRONG!

T r a v i s



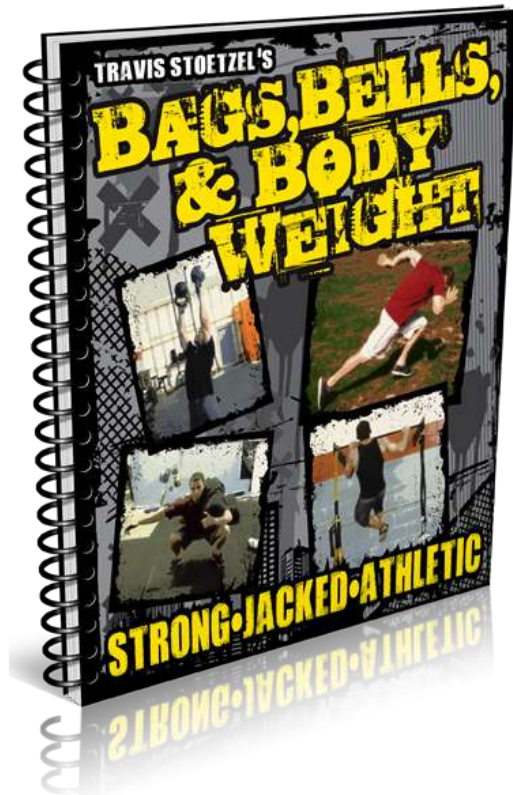
BARBELL BATTLEFIELD

The Aggressive Strength Training Guide:



Travis Stoetzel is a hardcore and aggressive strength coach located in Omaha, NE where he owns and operates The Forged Athlete Gym, which caters to highly dedicated athletes and serious lifters. Below you can gain knowledge insight on the various tools and resources he uses to help turn his clients and athletes into strong, jacked, and athletic soldiers. The section below showcases the other various strength and conditioning programs and products he has created and uses to help people all across the world get results

BARBELL BATTLEFIELD

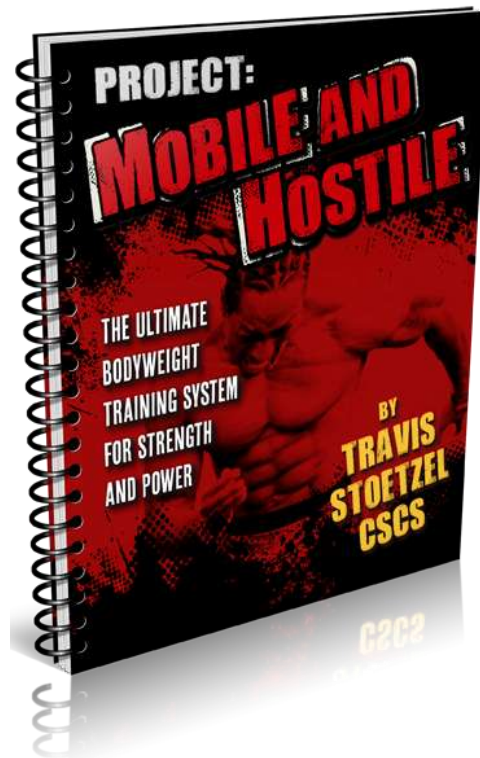


[The Bags, Bells, and Bodyweight Training System](#) – The “System”

Travis created built upon years of in-the-trenches work with his clients and himself. This is for SERIOUS trainees that combine the use of kettlebells, bodyweight, and sandbags to help construct serious gains in muscle, strength, power, and athleticism. If you love to train hard and want a serious challenge, this is it!

This program spans over 40 total weeks and will put anyone to the test. If you're serious about getting lean while building strength and power all at the same time, this is the perfect blend of kettlebells, sandbags, and bodyweight training. Exceptionally great for MMA fighters, wrestlers and other combat athletes including fire, military, a law enforcement personnel.

BARBELL BATTLEFIELD



PROJECT: Mobile and Hostile Bodyweight Training System: If you're low on resources as far as weight training equipment goes, this is your NO EXCUSES problem solver! I originally created this program for a Brazilian Professional Football team and when I went down south to train them, we had ZERO equipment to work with. The results... A Brazilian Football National Championship! Whoever chooses to go through this whole system will become stronger, faster, highly conditioned, and more explosive. This is a great program for people on the go with limited options for equipment. This is ideally made for MMA fighters, wrestlers, football players, and other power / combat athletes. All serious lifters welcome!

BARBELL BATTLEFIELD

The Power Wheel is by far one of the most versatile and complete bodyweight training tools available. You can easily take your ab training movements to the next level with various amounts of different roll outs as well as hand walking variations. You can work on both your lower body and upper body strength virtually anywhere at any time. The Power Wheel is the perfect tool to have for the gym, road, or at home. A must have for all serious trainees.

[CLICK HERE FOR MORE INFO ON THE POWER WHEEL](#)

PowerWheelStrength.com



BARBELL BATTLEFIELD

The Jungle Gym is your all around **NO EXCUSES Bodyweight Strength gym in a bag!** Perform 100's of different variations of lower, upper, and core bodyweight movements. These suspension straps will help increase your bodyweight training results in no time and best of all, can be used pretty much anywhere at any time!

[Check Out More Info On The Jungle Gym XT HERE](#)



BARBELL BATTLEFIELD

Sandbags are truly one of my favorite strength and conditioning training tools. There's really nothing quite like ripping a heavy bag off the floor carrying it around, pressing it, rowing it, squatting it, or even throwing it. I've tried many different types of bags over the years and have even made a half dozen of my own. After a long search through trial and error with different bags, I have found the best and highest quality training sandbag there is in Brute Force Sandbags. These are truly made to last and are build just right for the serious strength enthusiast. Just like all the tools I like to use, these are a mobile gym – take them anywhere – the field, playground, your backyard, the gym... anywhere!



[CLICK HERE For More Info ON Brute Sandbags](http://www.BruteForceSandbags.com)

BARBELL BATTLEFIELD

[Performax Bands](#) will take your normal bodyweight exercises and turn them into complete full body reactive athletic movements. Bands offer a great way to increase any and all bodyweight exercises, plus you can take them anywhere you go to get strong!



[CHECK OUT More Info On Performax Bands HERE!](#)

ForgedBandTraining.com

BARBELL BATTLEFIELD

Kettlebells are by far one of the most effective yet brutal tools available to help increase power, strength, muscle, and fat loss. This ancient tool has been around for years and now has come back into the forefront. Your options are limitless with the amount of variations and movements that can be completed essentially anywhere at any time with Kettlebells. When away from the gym, I have a pair in my Jeep at all times in case I'm ever in need! Another NO EXCUSES tool that will greatly improve your results!



[CLICK HERE TO Find Out More About The BEST Kettlebells on The Market!](#)

[TheForgedKettlebell.com](#)

[Prograde/Protein](#) – For you Hardcore Protein Supplement needs, Pro/Grade is about **PURE** quality! One of the very best high quality proteins around that is in carbs and sugar while high in quality rich protein.



The Main reasons I recommend Pro/Grade:

- They are a certified GMP “A” rated manufacturer). What’s this mean?? Well, GMP stands for “Good Manufacturing Practices” and with this rating, you know for certain that you’re getting exactly what the label says—and nothing it doesn’t—every single time.
- The products they do create are quality. They’re not out producing all these special concoctions of creatine and protein all blended together , magical berry drinks, or miracle cure pills. They produce the basics needed for great results.
- Both my clients and myself have seen the results their products help produce.

[CLICK HERE TO FIND OUT MORE ABOUT PRO/GRADE](#)

BARBELL BATTLEFIELD

[Athletic Greens](#) is your “ultimate vitamin and mineral insurance policy”. Now, I know for a fact not everyone out there gets in enough greens, including myself! That’s why I take Athletic Greens, which is your personal guarantee to help make sure you get in all the vitamins and minerals you would get if you were actually eating all the veggies you’re supposed to. This is a quick drink you can mix and take with you on the go to ensure you get what you need so you can train hard!



Check out LeanandMeanGreens.com for more info!

BARBELL BATTLEFIELD

Want To Learn More On How To Have Me As Your Coach?

I have an ELITE Coaching Program where I have the ability to train anyone at anytime, no matter where they live. All you need is access to the internet and a strong work ethic and dedication to get better. No lazy, undedicated people allowed!

This is the next best thing to having me as your personal strength and conditioning coach in person! My ELITE coaching group is usually FULL and has a waiting list but, if you are truly interested and would like to find out more information, click the link below and get in contact with me and I'll take you through the initial interview process to see if you are a good fit for my program.



CLICK HERE

**FIND OUT MORE ABOUT
THE *ELITE HARDCORE*
COACHING PROGRAM!**

**It's Time To Take your RESULTS to the
next level! Become one of *The ELITE!***

EliteHardcoreCoachingProgram.com