



**Main goal :** Increase Endurance  
**Training level :** Intermediate - Full Body  
**Program duration :** 8 Weeks  
**Days per week :** 3 Days  
**Time per workout :** 15-20 minutes  
**Equipments :** Barbell  
**Client :** Male & Female



## THE BEAR BABELL COMPLEX

### Main Goal

The Bear Complex is an intense barbell complex circuit that can be used several times per week to help build strength and conditioning.

### Workout Schedule

**Day 1 - Saturday :** Active  
**Day 2 - Sunday :** Off  
**Day 3 - Monday :** Active  
**Day 4 - Tuesday:** Off  
**Day 5 - Wednesday :** Active  
**Day 6 - Thursday:** Off  
**Day 7 - Friday :** Off

WEEK / DAY	Day 1 Saturday	Day 2 Sunday	Day 3 Monday	Day 4 Tuesday	Day 5 Wednesday	Day 6 Thursday
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						

Note : Mark the day you went to training .

### Workout Description

The Bear Complex is a strength, muscle building and general conditioning barbell complex that can be used several times per week depending on needs and goals. "The Bear" can be used as:

**Warm Up** - As a warm up before weight training. Use a moderately light weight and perform the Bear Complex to raise core body temperature and get blood pumping into your muscles. There is no need to ramp up to heavy, maximal weights. Keep the weight on the "easy" side.

**Off Days** - Use the Bear Complex on off days with a moderate weight to work on conditioning, general physical preparedness (GPP) and recovery.

**Strength** - The Bear Complex can be used for strength building and strength endurance. Perform it after your main lifts on full body or strength training workout days.



## How To Perform The Bear Complex

The Bear Complex consists of 5 barbell exercises performed back to back without resting. Each exercise flows naturally into the next. You start by power cleaning a barbell off the ground. With the barbell now resting at shoulder level perform a front squat. The third exercise in the Bear sequence is the push press. Using momentum, press the barbell over your head and lower it back down in a controlled manner to the back of your shoulders. From this position you will perform a back squat. After the back squat, perform one more push press, returning the bar to the front of your body and then back to the ground.

Perform this circuit 7 times without stopping. This is called one round.

One round requires performing the Bear Complex 7 times without resting.

5 total rounds equals a complete Bear Complex workout. You may rest in between rounds. If you are using the Bear Complex for strength training, add weight during each round, working up to your heaviest during the final round - round 5.

### BEAR COMPLEX

7 Circuits Equals One Round

EXCERSICE	SETS	REPS
Power Clean	5 - 6	10 - 12
Front Squat	5 - 6	10 - 12
Push Press	5 - 6	10 - 12
Back Squat		100 Reps Total*
Push Press		100 Reps Total

Article link : <https://waleedalmadawy.com/the-complete-guide-to-lose-weight-with-nutrition-and-exercises/>

\* You can alternate with Rowing 4 - 6 km (Long) every other training day. You may also substitute w/ any cardio including swimming, sprinting and running, etc.