



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## THE BEAR BARBELL COMPLEX

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

Link to Workout: <https://www.muscleandstrength.com/workouts/the-bear-barbell-complex.html>

**Main Goal:** Increase Endurance

**Time Per Workout:** 15-20 Mins

**Training Level:** Intermediate

**Equipment:** Barbell

**Program Duration:** 8 Weeks

**Author:** Thomas Schultz

**Days Per Week:** 3 Days

## Bear Complex

Exercise	Sets	Reps
Power Clean		
<a href="#">Front Squat</a>		
<a href="#">Push Press</a>		
<a href="#">Back Squat</a>		
<a href="#">Push Press</a>		

Perform this circuit 7 times without stopping. This is called 1 Round. The Bear Complex is made up of 5 rounds.