

5 Landmine Exercises



For Full Body Strength

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Landmine training and the countless exercises you can perform are badass, empowering, and extremely beneficial, and can be a key component in your training arsenal.

In case you are unfamiliar with landmine exercises, they involve an angled barbell movement. One end of the barbell is in a fixed position on the ground (or in a landmine attachment), and the opposite end of the barbell is held by the trainee.

BENEFITS OF LANDMINE EXERCISES

Efficient - You can often seamlessly transition from one exercise to the next, so you can get more done in less time. Who doesn't want that?

Minimal Equipment Required - All you need is a barbell and perhaps several weight plates. You may also use a band to provide additional resistance. While having a landmine attachment is great, it is not mandatory.

Friendlier For Developing And Advancing Lifters - Landmine exercises mimic many movements that are done with barbells and dumbbells, but are often easier to learn. This is largely due to the fixed position of the one end of the barbell, and the natural arc that the barbell travels. As a result, landmine exercises can often be performed by a greater number of trainees since they cater to a wider range of fitness levels and abilities.

Target Most Fundamental Movements - Landmine exercises can be extremely useful in helping trainees master most of the key fundamental movements (squatting, hinging, lunging, pushing, pulling). Due to the more stable and predictable nature of the bar-path, trainees are often able to use more resistance than they would during similar variations that involve a barbell or dumbbells. This can mean more progressive overload and better results!

Bridge The Gap Between Many Variations Of The Same Movement -

Landmine exercises can be a great way to regress or progress movements, and can bridge the gap between many movements. Here is a great example using the squatting movement. While someone might not be ready to perform barbell squats, they have mastered goblet squats, and have reached the maximum amount of weight they are able to hold in the goblet position. This is often a barrier many trainees encounter. In essence, their upper body strength becomes the limiting factor, and restricts the amount of weight they are able to lift using their lower body.

Landmine squats can be a viable option as they often allow trainees to use significantly more weight than they'd otherwise be able to use during goblet squats. Also, if this is a goal of theirs, landmine squats can sometimes serve as a stepping stone to helping trainees progress to performing barbell squats.

Low Intimidation Factor - Let's face it, not everyone has the desire to perform barbell lifts, and there is nothing wrong with this whatsoever. Many barbell lifts can be intimidating, and feeling pressured to perform them can lead many people to shy away from strength training. As I discussed above, landmine exercises provide similar benefits to many of the barbell exercises, and are much less daunting to perform. Training should be fun and empowering, and should not bring people needless stress.

Provide Many Great Alternatives To Unsupported Pressing

Movements - Landmine exercises can allow trainees to perform many barbell or dumbbell exercises they might not otherwise be able to perform safely, effectively, and confidently. Overhead pressing is a great example. This is a movement many trainees of all fitness levels and abilities struggle to execute, and for a wide array of reasons. The great news is that there are many different landmine pressing variations that provide similar benefits to overhead pressing, and other unsupported pressing movements. In some instances, performing landmine pressing movements can bridge the gap, and can help some trainees progress to eventually being able to execute overhead pressing or other unsupported pressing movements.

Provide Similar Benefits To Many Olympic Lifts - Landmine “power” exercises can be a great tool for athletes, and often provide similar benefits to Olympic lifts, but are easier to learn, and are generally lower risk. As a result, because explosiveness is a key component in enhancing performance in many sports, and even in every-day life, many more people will be able to reap the benefits of power training.

Injury Recovery/Training Around An Injury - Due to the fixed position of one end of the barbell and the more stable and predictable bar path, landmine exercises can sometimes be an extremely valuable tool to use during injury recovery. Depending on the nature and severity of the injury, performing landmine exercises may allow trainees to work around their injury, and help them perform similar movements they might not currently be able to do using a barbell or even dumbbells. Landmine exercises can also be a valuable aid in injury recovery. To be clear, if you are dealing with any sort of injury or issue, make sure you get clearance from a qualified physician before you participate in any training program, including this one.

Without further ado, here are 5 landmine exercises that will help strengthen your entire body!

1) LANDMINE STAGGERED STANCE DEADLIFTS

Goal: Strengthen the posterior chain muscles, improve grip strength, shoulder and scapular stability (both should remain in a relatively fixed position for the duration of the movement), lumbo-pelvic stability, and balance.

In this variation, the leg that is ahead should be doing the majority of the work. Use the back leg as a kickstand of support.

Coaching Tips:

- Set up a barbell so it is lengthwise, and is just outside of your leg. You may anchor the barbell against a stable surface like a wall, weight plate, or box, or on a no slip surface. You may also use a Landmine attachment.
- Place your feet so one foot is ahead, and the other foot is slightly behind. Adopt your preferred foot width and positioning.
- Hold onto the top of the barbell with the hand that is on the same side of your body as the forward leg. Keep your arms rigid, engage your lats, and pretend you are crushing something in your armpits.
- Form a tripod base on the foot that is ahead (keep your weight on the back portion of your foot, and the base of your big and baby toes). These parts of your foot should remain in contact with the floor for the duration of the exercise. Pretend you are suctioning or screwing your foot to the floor. You should be on the forefoot of your back foot.
- Before each rep, take a deep breath in (360 degree breath around your spine), brace your core (360 degree brace around your spine), and tuck your ribs towards your hips (close the space in your midsection).
- Initiate the movement with your hips and push them backwards. Imagine a rope is pulling your hips backwards or that you are trying to press your hips



back against a wall. Do not perform the movement by squatting, rounding your back, dropping your chest towards the ground, or a combination of the above.

- When you reach your full range, engage your posterior chain muscles and press your body away from the floor and back to the starting position. Lower does not mean better if your form deteriorates. Go to a range where you can maintain proper form.
- Perform the lockout by squeezing your glutes and hamstrings and extend your hips, and extend your knee.
- The weight should not travel ahead of your body. For the duration of the exercise, keep your arms rigid, lats engaged, and pretend you are crushing something in your armpits.
- Do not allow your knees to fall inside or outside of your feet.
- For the duration of the exercise, your head, torso and hips should remain in a stacked position. Do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, or torso, spine or hips to rotate.
- In terms of breathing, do what works and feels best for you.

Regression:

Make this exercise easier by using less weight.

Progression:

Make this exercise more challenging by using more weight, or by performing negative reps and taking 3-5 seconds to perform the eccentric component of the movement.

VIDEO

Prescription: 2-3 sets of 8-10 reps per side. Do a warm-up set using bodyweight, and another using 50% of your working weight.

2) LANDMINE TALL KNEELING SINGLE ARM PRESSES

Goal: Strengthen the chest, shoulders, and triceps, improve shoulder and scapular controlled mobility, and lumbo-pelvic stability.

Coaching Tips:

- Set up a barbell so it is lengthwise, and is in line with your armpit. You may anchor the barbell against a stable surface like a wall, weight plate, or box, or on a no slip surface. You may also use a Landmine attachment.
- Grab onto the top portion of the barbell.
- Get into a tall kneeling stance. Place your knees so they are approximately hip to shoulder width apart, and have a very slight forward lean in your torso. Your head, torso and hips should be in a stacked position.
- Before each rep, take a deep breath in (360 degrees of air around your spine), brace your core (360 degree brace around your spine), tuck your ribs towards your hips (close the space in your midsection), and squeeze your glutes.
- Now extend your elbow and press the barbell to a range where you are able to maintain proper form, then “row” the barbell back in to your body.



- As you bring the barbell back in towards your body, stop just before your elbow touches your side.
- For the duration of the exercise, your head, torso and hips should remain in a stacked position. Do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, or torso, spine or hips to rotate.
- For the duration of the exercise, keep your core muscles braced (360 degree brace around your spine), and squeeze your glutes.
- In terms of breathing, do what works and feels best for you.

Regression:

Make this exercise easier by using less weight.

Progression:

Make this exercise more challenging by using more weight, by adding band resistance, or by performing negative reps and taking 3-5 seconds to “row” the barbell back down to the starting position.

VIDEO

Prescription: 2-3 sets of 12 reps per side. Do a warm-up set using the bar, and another using 50% of your working weight.

3) LANDMINE SQUAT SWAYS

Goal: Strengthen the adductors (inner thigh muscles), improve controlled mobility in the hips, and improve lumbo-pelvic stability

Coaching Tips:

- Set up a barbell so it is lengthwise. You may anchor the barbell against a stable surface like a wall, weight plate, or box, or on a no slip surface. You may also use a Landmine attachment.
- Position your body so the end of the barbell is in the center of your body, and is just underneath your hips.
- Adopt your preferred foot width and positioning. Your feet will likely be significantly wider than during your regular squatting stance.
- Now perform a squat and lower yourself down to a range where you are able to maintain proper form. Maintain this depth for the duration of the exercise.
- Before each rep (when you are in the center position), take a deep breath in (360 degrees of air around your spine), brace your core (360 degree brace around your spine), and tuck your ribs towards your hips (close the space in your midsection).
- While remaining in the squat stance, extend your one knee and press your body laterally, and transfer most of your weight to your opposite leg. You should really feel your adductors (inner thigh muscles) working.
- When you reach your end range, your leg should be in a squat position, and your knee should be in line with your toes. As for your other leg, your knee should be close to fully extended.



- On the planted/squatting side, form a tripod base by placing your weight on the back portion of your foot, and the base of your big and baby toes. Pretend you are suctioning or screwing your feet to the floor.
- The barbell should not travel ahead of your body. For the duration of the exercise, keep your arms rigid, lats engaged, and pretend you are crushing something in your armpits.
- On the planted/squatting side, do not allow your knee to fall inside or outside of your foot.
- For the duration of the exercise, your head, torso, and hips should remain in a stacked position. Do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, or torso, spine, or hips to rotate.
- For the duration of the exercise, keep your core muscles braced (360 degree brace around your spine).
- In terms of breathing, do what works and feels best for you.

Regression:

Make this exercise easier by using less weight.

Progression:

Make this exercise more challenging by using more weight.

VIDEO

Prescription: 2-3 sets of 8-10 reps per side. Do a warm-up set using bodyweight, and another using 50% of your working weight.

4) LANDMINE REVERSE LUNGES + SINGLE ARM PRESSES

Goal: Improve full body power, shoulder and scapular controlled mobility, and lumbo-pelvic stability.

Coaching Tips:

- Set up a barbell so it is lengthwise, and is in line with your armpit. You may anchor the barbell against a stable surface like a wall, weight plate, or box, or on a no slip surface. You may also use a Landmine attachment.
- Stand so your feet are approximately hip width apart, but figure out what foot width works and feels best for you.
- Form a tripod base by placing your weight on the back portion of your foot, and the base of your big and baby toes. These parts of your foot should remain in contact with the floor for the duration of the exercise. Pretend you are suctioning or screwing your foot to the floor.
- Before each rep, take a deep breath in (360 degrees of air around your spine), brace your core (360 degree brace around your spine), and tuck your ribs towards your hips (close the space in your midsection).
- Now perform a reverse lunge and lower yourself down to your full depth (a range where you are able to maintain proper form). As you are pressing away from the floor with your lower body and are returning to the starting position, extend your elbow and press the barbell to a range where you are able to maintain proper form. Make sure the barbell stays in line with your armpit.
- Once you are in the top position of the lunge, “row” the barbell back in to your body, and “reset” before the next rep.



- Do not keep your shoulder blade pinned. It is meant to move.
- During the lunge, keep the weight close to your armpit. Pretend you are trying to crush something in your armpit. This will help stabilize your upper body and will help keep the weight from leaving your body.
- Do not allow your knee to fall inside or outside of your foot.
- For the duration of the exercise, your head, torso, and hips should remain in a stacked position. Do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, torso, spine, or hips to rotate, or hip to drop on one side.
- For the duration of the exercise, keep your core muscles braced (360 degree brace around your spine).
- In terms of breathing, do what works and feels best for you.

Regression:

Make this exercise easier by using less weight, or by performing the exercise less explosively.

Progression:

Make this exercise more challenging by using more weight, or by performing the exercise more explosively.

VIDEO

Prescription: 2-3 sets of 6-10 reps per side. Do a warm-up set using the bar, and another using 50% of your working weight.

5) LANDMINE SINGLE ARM ROWS IN PLANK POSITION

Goal: Strengthen the mid and upper back, improve shoulder and scapular controlled mobility (and stability on the planted side), lumbo-pelvic stability, and grip.

Coaching Tips:

- Set up a barbell so it is lengthwise, and is in front of your body. You may anchor the barbell against a stable surface like a wall, weight plate, or box, or on a no slip surface. You may also use a Landmine attachment.
- Get into a plank position with your hand on a bench, and feet on the floor. Spread your fingers, and pretend you are suctioning your hand to the bench. Aim to keep your feet about hip to shoulder width apart.
- Set your body so it is in a straight line from your head to heels, and maintain this position for the duration of the exercise. Make sure that your torso and hips are square to the floor.
- Before each rep, take a deep breath in (360 degrees of air around your spine), brace your core (360 degree brace around your spine), tuck your ribs towards your hips (close the space in your midsection), and squeeze your glutes.
- Initiate the movement by using the muscles in your mid and upper back and draw your shoulder blade in towards the spine (retract). Do not initiate the movement with your arm, and do not use excessive momentum.



- In the top position, do not allow your elbow to flare out.
- Lower the barbell with control, and make sure you keep your shoulder from collapsing. During the lowering/eccentric component, do not keep your shoulder blade pinned. Your shoulder blade should perform the reverse movement (protraction) as it did during the rowing/concentric component, and should move away from your spine and around your ribcage.
- Pay attention to your non-working/supporting side. Push away from the bench towards the ceiling, and protract your shoulder blade. Do not mindlessly hang out.
- For the duration of the exercise, your head, torso and hips should remain in a stacked position. Do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, or torso, spine, or hips to rotate. Your torso and hips should remain square to the floor.
- For the duration of the exercise, keep your core muscles braced (360 degree brace around your spine), and squeeze your glutes.
- In terms of breathing, do what works and feels best for you.

Regression:

Make this exercise easier by using less weight.

Progression:

Make this exercise more challenging by using more weight.

VIDEO

Prescription: 2-3 sets of 8-10 reps per side. Do a warm-up set using the bar, and another using 50% of your working weight.

If you enjoyed these 5 exercises, you will love my [Ultimate Landmine Program](#). What I shared above is a tiny sample of what The Ultimate Landmine Program has to offer. This full body program provides effective and fun bang for your buck workouts, and is currently being followed by people of all genders in over 45 countries worldwide! My program is also being used by many coaches.



Learn more about my [Ultimate Landmine Program](#).

Learn more about all of my other [programs](#).