

MADBARZ ROUTINES PLAN

CARDIO & STRENGTH – ADVANCED



INSTRUCTIONS

One week consists of 4 training days – The remaining are rest days to relax your body and get energy for the coming week. These days are important and your body will really need them. On which days you complete your training is up to you.

Please warm up before you start to train and stretch after you have finished. We recommend Jogging, Rope Jumps, Jumping Jacks and Arm Cycles to warm up.

Remember to drink enough water before, during and after the workout. It's very important to keep that in mind. Find the right dose by yourself.

WEEK 1

WORKOUT 1

GO ON

WORKOUT 2

CARDIO IS NOT SPANISH

WORKOUT 3

DON'T DREAM IT, DO IT

WORKOUT 4

NO LIMIT

Watch out

Some reps are different, compared to the default values in the app. Do not forget to adjust these, before you start the workouts!!

WEEK 2

WORKOUT 1

SIMPLE KILL

WORKOUT 2

HERE AND NOW

WORKOUT 3

LEG BURNER

WORKOUT 4

QUAD BOOST

Watch out

Some reps are different, compared to the default values in the app. Do not forget to adjust these, before you start the workouts!!

WEEK 3

WORKOUT 1

FRESH AIR

WORKOUT 2

THE BURNER

WORKOUT 3

BACK AND BICEPS HAZARD

WORKOUT 4

SHOULDER CONTROL

Watch out

Some reps are different, compared to the default values in the app. Do not forget to adjust these, before you start the workouts!!

WEEK 4

WORKOUT 1

ABS IN PARK

WORKOUT 2

INSANE CARDIO

WORKOUT 3

DIAMOND PULL

WORKOUT 4

NO LIMIT

Watch out

Some reps are different, compared to the default values in the app. Do not forget to adjust these, before you start the workouts!!

WEEK 5

WORKOUT 1

DON'T DREAM IT, DO IT

WORKOUT 2

GO ON

WORKOUT 3

CARDIO IS NOT SPANISH

WORKOUT 4

FRESH AIR

Watch out

Some reps are different, compared to the default values in the app. Do not forget to adjust these, before you start the workouts!!

WEEK 6

WORKOUT 1

PUSH UP ROUTINE

WORKOUT 2

THE BURNER

WORKOUT 3

NO EQUIPMENT

WORKOUT 4

LEG BURNER

Watch out

Some reps are different, compared to the default values in the app. Do not forget to adjust these, before you start the workouts!!

ADDITIONAL TASK

Try to keep or improve your personal best in Squats, Lunges and Burpees every week.

WORKOUTS

CARDIO IS NOT SPANISH

Pause: 45/140

60 sec Rope Jumps

7 Bulgarian Split Squats (each Leg)

7 Hindu Push Ups

12 Horizontal jumps

60 sec Jumping Jacks

10 Lunges (each Leg)

15 sec Side Plank (each Leg)

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/cardio-is-not-spanish/>

NO LIMIT

Pause: 45/140

4 Cycles

15 Burpees

12 Fast Incline Push Ups

12 Vertical Jumps

7 Hanging Oblique Raises (each Leg)

20 Sec Mountain Climbers

20 Sec Sprint

20 Squats

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/no-limit/>

GO ON

Pause: 45/120

4 Cycles

10 Burpees

8 Chin Ups

8 Close Hands Pushups

7 Dips

45 Sec Flutter Crunches

6 Negative Chin Ups

20 Sec Push Up Hold

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/go-on/>

DON'T DREAM IT, DO IT

Pause: 45/120

4 Cycles

15 Sec Run Incline Hill

8 Decline Push Ups

5 Explosive High Chest Pullups

10 Knee Raises

20 Sec Push Up Hold

12 Squat Jumps with 180 Turn

6 Wide Pull Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/dont-dream-it-do-it/>

LEG BURNER

Pause: 45/140

5 Cycles

15 sec Sprint

12 Squat Jumps

20 Mountain Climbers

35 sec Jumping Jacks

15 sec Run Incline Hill

12 Horizontal Jumps

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/leg-burner/>

BACK AND BICEPS HAZARD

Pause: 45/120

4 Cycles

7 Pull Ups

8 Negative Chin Ups

12 Inclined Chin Ups

6 Wide Pull Ups

7 Shoulder Width Chin Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/back-and-biceps-hazard/>

SHOULDER CONTROL

Pause: 45/120

5 Cycles

12 Dips

10 Higher Decline Push Ups

10 Push Ups

15 Inclined Pull Ups

6 Pike Push Ups

10 Hindu Push Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/shoulder-control/>

ABS IN PARK

Pause: 45/120

5 Cycles

10 Knee Raises

5 Leg Raises

8 Leg Raises on Parallel Bar

8 Hanging Oblique Raises (each Side)

15 Half Burpees

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/abs-in-park/>



DIAMOND PULL

Pause: 45/120

4 Cycles

7 Pull Ups

8 Negative Chin Ups

12 Diamond Push Ups

8 Close Grip Chin Ups

6 Wide Pull Ups

7 Wide Chin Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/diamond-pull/>

PUSH UP ROUTINE

Pause: 45/120

3 Cycles

10 Push Ups

12 Pseudo Push Ups

25 Sec Push Up Hold

6 Clap Push Ups

10 Higher Decline Push Ups

12 Diamond Push Ups

15 Incline Push Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/push-up-routine/>

NO EQUIPMENT

Pause: 45/120

4 Cycles

15 Squats

20 Sec Mountain Climbers

10 Lunges (each Leg)

10 Push Ups

8 Laying Down Leg Raises

25 Sec Plank

6 Pike Push Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/no-equipment/>

FRESH AIR

Pause: 45/140

4 Cycles

35 sec Run

6 Clap Push Ups

35 sec Run

20 Push Up Hold

35 sec Run

35 sec Jumping Jacks

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/fresh-air/>

THE BURNER

Pause: 45/140

5 Cycles

15 Squats

25 sec Plank

8 Burpees

20 sec Run Incline Hill

12 Dips

35 sec Run

20 sec Mountain Climbers

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/the-burner/>

INSANE CARDIO

Pause: 45/140

5 Cycles

20 sec Mountain Climbers

12 Squat Jumps

35 sec Jumping Jacks

10 Horizontal Jumps

8 Burpees

35 sec Rope Jumps

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/insane-cardio/>

QUAD BOOST

Pause: 45/120

4 Cycles

15 Squats

12 Calf Raises (each leg)

10 Lunges (each leg)

12 Squat Jumps

20 sec Sprint

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/quad-boost/>

Closing remarks

Keep always in mind, that a transformation is no easy walk, it's a big step forward in your life. You need discipline, willpower and especially fighting spirit to succeed. Grab your chance and try hard to reach something, others will never do! There will always be days when you have no more desire, where the weather is too bad, where you can't see low carb or healthy food anymore. Nevertheless, you must stay tuned and keep going on. Sooner or later you will be rewarded with success! Your body will get used to the change soon and you will feel much better and healthy. Get inspired and find your own way to bring proper nutrition and athletic success into harmony. Do always set small goals for yourself to keep your motivation positive.

Muhammad Ali, one of the greatest of all time sometimes said: "If my mind can conceive it, and my heart can believe it - then I can achieve it." Surrender is no option and should never come to your mind. On lazy days, I used training videos, football pump ups or epic music to motivate myself. After the workout, I felt great and I was glad to overcome myself again.

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"

Muhammad Ali