

MADBARZ ROUTINES PLAN

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

DON'T DREAM IT, DO IT

WORKOUT 3

SIMPLE KILL

WORKOUT 4

HERE AND NOW

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

LETS GO

WORKOUT 2

QUAD BOOST

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 3

WORKOUT 1

ABS IN PARK

WORKOUT 2

DIAMOND PULL

WORKOUT 3

DON'T DREAM IT, DO IT

WORKOUT 4

GO ON

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

SIMPLE KILL

WORKOUT 2

LET'S GO

WORKOUT 3

CHEST ROUTINE

WORKOUT 4

HERE AND NOW

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

BACK AND BICEPS HAZARD

WORKOUT 2

SHOULDER CONTROL

WORKOUT 3

ABS IN PARK

WORKOUT 4

THE 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!!

WEEK 6

WORKOUT 1

PUSH UP ROUTINE

WORKOUT 2

NO EQUIPMENT

WORKOUT 3

FULL BODY 7R

WORKOUT 4

BACK AND BICEPS TORTURE

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 Push Ups, Pull Ups and Dips every week.

WORKOUTS

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/>

SIMPLE KILL

Pause: 45/120

4 Cycles

7 Pull Ups

12 Dips

10 Push Ups

10 Knee Raises

12 Squat Jumps

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/simple-kill/>

HERE AND NOW

Pause: 45/120

4 Cycles

10 Push Ups

15 Squats

12 Dips on Chair

10 Lunges (each leg)

12 Diamond Push Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/here-and-now>

LET'S GO

Pause: 45/120

3 Cycles

10 Push Ups

40 sec Jumping Jacks

8 Straight Bar Dips

7 Pull Ups

12 Dips

Video-explanation

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

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/>

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

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/>

FULL BODY 7R

Pause: 45/120

4 Cycles

12 Dips

10 Knee Raises

7 Pull Ups

15 Squats

10 Push Ups

8 Pikes Presses Elevated Feet

12 Calf Raises (each Leg)

8 Close Grip Chin Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/full-body-7r/>

BACK AND BICEPS TORTURE

Pause: 45/120

4 Cycles

8 Chin Ups

7 Close Grip Pull Ups

5 L-Sit Chin Ups

12 Inclined Chin Ups

6 Wide Pull Ups

8 Negative Chin Ups

Video-explanation

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

CHEST ROUTINE

Pause: 45/120

4 Cycles

15 Incline Push Ups

8 Close Hands Push Ups

12 Decline Push Ups

10 Push Ups

12 Dips

8 Wide Push Ups

25 sec Push Up Hold

Video-explanation

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

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