

MADBARZ ROUTINES PLAN

CARDIO & STRENGTH – BEGINNER



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

GET IN SHAPE

WORKOUT 2

START YOUR CHANGE

WORKOUT 3

EXPRESS YOURSELF

WORKOUT 4

KNOW YOUR ENEMY

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

LEG BURNER

WORKOUT 3

HERE AND NOW

WORKOUT 4

FAT REMOVAL

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

SIMPLE KILL

WORKOUT 2

HERE AND NOW

WORKOUT 3

FRESH AIR

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 4

WORKOUT 1

LET'S GO

WORKOUT 2

QUAD BOOST

WORKOUT 3

GET IN SHAPE

WORKOUT 4

KNOW YOUR ENEMY

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

EXPRESS YOURSELF

WORKOUT 2

START YOUR CHANGE

WORKOUT 3

SIMPLE KILL

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!!

WEEK 6

WORKOUT 1

CHEST ROUTINE

WORKOUT 2

BACK AND BICEPS HAZARD

WORKOUT 3

INSANE CARDIO

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!!

ADDITIONAL TASK

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

WORKOUTS

START YOUR CHANGE

Pause: 60/140

4 Cycles

8 Box Jumps

25 Jumping Jacks

12 Squats

15 Sit Ups

10 sec Sprint

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/start-your-change/>

KNOW YOUR ENEMY

Pause: 60/120

4 Cycles

20 sec Mountain Climbers

30 sec Run

15 Sit Ups

10 Vertical Jumps

20 Sec Wall Sit

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/know-your-enemy/>

GET IN SHAPE

Pause: 60/120

4 Cycles

20 Sec Alternating High Knees

10 Contralateral Limb Raises (each Leg)

20 Crunches

8 Inclined Chin Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/get-in-shape/>

EXPRESS YOURSELF

Pause: 60/120

4 Cycles

15 Half Burpees

7 Dips on Chair

5 Inclined Pull Ups

15 Laying Down Leg Raises

5 Negative Chin Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/express-yourself/>

SIMPLE KILL

Pause: 60/120

4 Cycles

7 (Negative) – Pull Ups

10 Dips or 10 Sec Dip-Hold

10 Push Ups

10 Knee Raises

10 Squat Jumps

Video-explanation

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

LEG BURNER

Pause: 60/140

5 Cycles

10 sec Sprint

10 Squat Jumps

20 Mountain Climbers

30 sec Jumping Jacks

10 sec Run Incline Hill

10 Horizontal Jumps

Video-explanation

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

HERE AND NOW

Pause: 60/120

4 Cycles

10 Push Ups

15 Squats

10 Dips on Chair

10 Lunges (each Leg)

10 Diamond Push Ups

Video-explanation

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

FAT REMOVAL

Pause: 60/120

4 Cycles

30 sec Run

10 Dips (on Chair)

30 sec Jumping Jacks

10 Push Ups

15 sec Alternating High Knees

20 sec Mountain Climbers

20 sec Plank

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/fat-removal/>

FRESH AIR

Pause: 60/140

4 Cycles

30 sec Run

5 Clap Push Ups

30 sec Run

15 Push Up Hold

30 sec Run

30 sec Jumping Jacks

Video-explanation

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

THE BURNER

Pause: 60/140

5 Cycles

15 Squats

20 sec Plank

8 Burpees

20 sec Run Incline Hill

10 Dips

30 sec Run

20 sec Mountain Climbers

Video-explanation

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

LET'S GO

Pause: 60/120

3 Cycles

10 Push Ups

40 Sec Jumping Jacks

8 Straight Bar Dips

7 (Negative) – Pull Ups

10 Dips or 10 Sec Dip-Hold

Video-explanation

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

INSANE CARDIO

Pause: 60/120

5 Cycles

20 sec Mountain Climbers

10 Squat Jumps

30 sec Jumping Jacks

10 Horizontal Jumps

8 Burpees

30 sec Rope Jumps

Video-explanation

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

QUAD BOOST

Pause: 60/120

4 Cycles

15 Squats

12 Calf Raises (each leg)

10 Lunges (each leg)

12 Squat Jumps

10 sec Sprint

Video-explanation

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

CHEST ROUTINE

Pause: 60/120

4 Cycles

10 Incline Push Ups

7 Close Hands Push Ups

10 Decline Push Ups

10 Push Ups

10 Dips

7 Wide Push Ups

15 Sec Push Up Hold

Video-explanation

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

BACK AND BICEPS HAZARD

Pause: 60/120

4 Cycles

7 (Negative) – Pull Ups

8 Negative Chin Ups

10 Inclined Chin Ups

6 (Negative) – Wide Pull Ups

7 (Negative) – Shoulder Width Chin Ups

Video-explanation

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

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