

MADBARZ ROUTINES PLAN

CARDIO & STRENGTH – EXPERT



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 HARD

WORKOUT 2

CARDIO IS NOT SPANISH

WORKOUT 3

FULL BODY 7R

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 2

WORKOUT 1

BAR(S)KILLER

WORKOUT 2

HERE AND NOW

WORKOUT 3

FAT REMOVAL

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 3

WORKOUT 1

LET'S GO

WORKOUT 2

CAN'T WALK

WORKOUT 3

BACK AND BICEPS TORTURE

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

IRON SHOULDERS

WORKOUT 2

TOUGH CORE

WORKOUT 3

USAIN BOLT

WORKOUT 4

INSANE CARDIO

Watch out

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WEEK 5

WORKOUT 1

TRAPEZIUS ROUTINE

WORKOUT 2

GO THE EXTRA MILE

WORKOUT 3

BAR(S)KILLER

WORKOUT 4

LEG BURNER

Watch out

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WEEK 6

WORKOUT 1

SIMPLE KILL

WORKOUT 2

GO HARD

WORKOUT 3

USAIN BOLT

WORKOUT 4

ON THE GO

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, Squats and Lunges every week.

WORKOUTS

CARDIO IS NOT SPANISH

Pause: 40/140

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/>

GO HARD

Pause: 40/120

4 Cycles

8 Body Weight Skull Crushers

5 Clapping Pull Ups

6 Contralateral Limb Raises (each Side)

6 Korean Dips

30 Sec Flutter Crunches

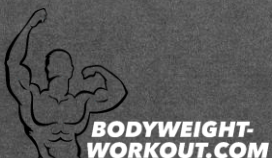
10 Hindu Push Ups

20 Sec Tucked Front Lever Hold

15 Crunches

Video-explanation

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



BAR(S)KILLER

Pause: 40/120

4 Cycles

5 Clap Push Ups

7 Close Grip Pull Ups

8 Diamond Push Ups

10 Sec Dip Hold

5 Handstand Wall Assisted

8 Leg Raises

15 Squats

4 Muscle Ups

5 Pseudo Push ups

Video-explanation

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

HERE AND NOW

Pause: 40/120

4 Cycles

15 Push Ups

15 Squats

15 Dips on Chair

10 Lunges (each Leg)

15 Diamond Push Ups

Video-explanation

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

FULL BODY 7R

Pause: 40/120

4 Cycles

12 Dips

10 Knee Raises

7 Pull Ups

15 Squats

10 Push Ups

8 Pike 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/>

LEG BURNER

Pause: 40/140

5 Cycles

20 sec Sprint

15 Squat Jumps

20 Mountain Climbers

40 sec Jumping Jacks

20 sec Run Incline Hill

15 Horizontal Jumps

Video-explanation

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

FAT REMOVAL

Pause: 40/140

4 Cycles

45 sec Run

12 Dips (on Chair)

40 sec Jumping Jacks

15 Push Ups

20 sec Alternating High Knees

20 sec Mountain Climbers

25 sec Plank

Video-explanation

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

FRESH AIR

Pause: 40/140

4 Cycles

45 sec Run

6 Clap Push Ups

45 sec Run

25 Push Up Hold

45 sec Run

40 sec Jumping Jacks

Video-explanation

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



LET'S GO

Pause: 40/120

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/>

CAN'T WALK

Pause: 40/120

5 Cycles

10 Lunges (each Leg)

15 Squats

10 Bulgarian Split Squats (each Leg)

5 Pistol Squats

12 Squat Jumps

12 Box Jumps

12 Calf Raises (each Leg)

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/cant-walk/>

BACK AND BICEPS TORTURE

Pause: 40/120

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/>

THE BURNER

Pause: 40/140

5 Cycles

15 Squats

25 sec Plank

8 Burpees

20 sec Run Incline Hill

12 Dips

45 sec Run

20 sec Mountain Climbers

Video-explanation

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

IRON SHOULDERS

Pause: 40/120

4 Cycles

12 Dips

4 Typewriter Pull Ups

12 Decline Push Ups

15 Inclined Pull Ups

5 Korean Dips

10 L-Sit on Parallel Bars

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/iron-shoulders/>

TOUGH CORE

Pause: 40/120

4 Cycles

15 Half Burpees

22 Sec Flutter Crunches

8 Toe Touch Crunches

25 Crunches

5 Windshield Wipers (each Side)

5 Leg Raises

10 Sec V-Hold

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/tough-core/>

INSANE CARDIO

Pause: 40/140

5 Cycles

20 sec Mountain Climbers

12 Squat Jumps

40 sec Jumping Jacks

10 Horizontal Jumps

8 Burpees

40 sec Rope Jumps

Video-explanation

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

TRAPEZIUS ROUTINE

Pause: 40/120

5 Cycles

7 Pull Ups

10 Hindu Push Ups

10 Contralateral Limb Raises (each Side)

10 Higher Decline Push Ups

5 Handstand Wall Assisted

6 Pike Push Ups

Video-explanation

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

SIMPLE KILL

Pause: 40/120

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/>

ON THE GO

Pause: 40/120

4 Cycles

12 Pseudo Push Ups

12 Dips on Chair

45 Sec Wall Sit

15 Squats

8 Wide Push Ups

20 Sec Mountain Climbers

12 Diamond Push Ups

Video-explanation

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

USAIN BOLT

Pause: 30/140

2 Cycles

10 Burpees

30 Sec Run

20 Sec Mountain Climbers

30 Sec Run

20 Sec Flutter Crunches

30 Sec Run

5 Pistol Squats (each Leg)

30 Sec Run

10 Laying Down Leg Raises

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/usain-bolt/>

GO THE EXTRA MILE

Pause: 30/140

3 Cycles

35 Sec Rope Jumps

10 Lunges (each Leg)

12 Squat Jumps

15 sec Run Incline Hill

30 sec Side Plank left Side

10 Toe Touch Crunches

30 Sec Side Plank right Side

15 Sec Run Incline Hill

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/go-the-extra-mile/>

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