

MADBARZ ROUTINES PLAN

CARDIO – 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

CARDIO IS NOT SPANISH

WORKOUT 2

NO LIMIT

WORKOUT 3

LEG BURNER

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 2

WORKOUT 1

FRESH AIR

WORKOUT 2

THE BURNER

WORKOUT 3

INSANE CARDIO

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

USAIN BOLT

WORKOUT 2

GO THE EXTRA MILE

WORKOUT 3

THE BURNER

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 4

WORKOUT 1

LEG BURNER

WORKOUT 2

FAT REMOVAL

WORKOUT 3

INSANE CARDIO

WORKOUT 4

HEART ATTACK

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

FRESH AIR

WORKOUT 2

THE BURNER

WORKOUT 3

GO THE EXTRA MILE

WORKOUT 4

USAIN BOLT

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

LEG BURNER

WORKOUT 2

FAT REMOVAL

WORKOUT 3

INSANE CARDIO

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!!

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/>

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/>

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/>



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/>

QUAD BOOST

Pause: 40/140

4 Cycles

20 Squats

15 Calf Raises (each leg)

15 Lunges (each leg)

15 Squat Jumps

20 sec Sprint

Video-explanation

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

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