

MADBARZ ROUTINES PLAN

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

BAR(S)KILLER

WORKOUT 3

FULL BODY 7R

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

CAN'T WALK

WORKOUT 3

BACK AND BICEPS TORTURE

WORKOUT 4

IRON SHOULDERS

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

TOUGH CORE

WORKOUT 2

TRAPEZIUS ROUTINE

WORKOUT 3

BAR(S)KILLER

WORKOUT 4

SIMPLE KILL

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

GO HARD

WORKOUT 2

QUAD BOOST

WORKOUT 3

PUSH DOSE

WORKOUT 4

PULL IT ROUTINE

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 TORTURE

WORKOUT 2

IRON SHOULDERS

WORKOUT 3

SHARP ABS

WORKOUT 4

MADBARZ EXPLODE

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

FAMOUS SIX MIX

WORKOUT 3

ON THE GO

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 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

7 L-Sit Chin Ups

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/>

CAN'T WALK

Pause: 40/120

5 Cycles

10 Lunges (each Leg)

15 Squats

10 Bulgarian Split Squats (each Leg)

5 Pistol Squats (each Leg)

12 Squat Jumps

12 Box Jumps

12 Calf Raises (each Leg)

Video-explanation

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

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/>

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/>

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/>

QUAD BOOST

Pause: 40/120

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/>

PUSH UP ROUTINE

Pause: 40/120

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/>

FULL BODY 7R

Pause: 40/120

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: 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/>

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/>

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/>

PUSH DOSE

Pause: 40/120

5 Cycles

10 Push Ups

6 Pike Push Ups

12 Diamond Push Ups

6 Clap Push Ups

12 Decline Push Ups

15 Incline Push Ups

Video-explanation

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

PULL IT ROUTINE

Pause: 40/120

4 Cycles

8 Chin Ups

15 Inclined Pull Ups

5 Explosive High Chest Pull Ups

40 Sec Jumping Jacks

8 Negative Chin Ups

4 Typewriter Pull Ups

Video-explanation

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

SHARP ABS

Pause: 40/120

4 Cycles

5 Leg Raises

25 Crunches

8 Windshield Wipers (each Side)

8 Hanging Oblique Raises (each Side)

25 Crunches

15 Half Burpees

Video-explanation

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



MADBARZ EXPLODE

Pause: 40/120

5 Cycles

6 Explosive Dips

5 Explosive High Chest Pull Ups

12 Fast Incline Push Ups

5 Clapping Pull Ups

6 Clap Push Ups

Video-explanation

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

FAMOUS SIX MIX

Pause: 40/120

6 Cycles

15 Incline Push Ups

25 Sec Plank

40 Sec Jumping Jacks

12 Dips

15 Squats

15 Inclined Pull Ups

8 Close Grip Chin Ups

Video-explanation

<http://bodyweight-workout.com/en/madbarz-workouts/famous-six-mix/>

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/>

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