BODYWEIGHT-WORKOUT.COM

MADBARZ ROUTINES PLAN

Cardio

BEGINNER

Beginner | 8 Workouts | 6 weeks | Free

GUIDE

Instructions

Training days & rest

One week consists of 4 training days. Use the remaining days to rest your body. Rest days are important and your body will really need them. Which days you train is up to you.

Warm up & stretch

Warm up before every workout and stretch after each one. For warming up we recommend jogging, rope jumps, jumping jacks or arm circles.

Hydration

Make sure you drink enough water before, during and after the workout. Take only small sips during the session and larger ones afterwards.

6-WEEK PLAN

Week Plan

Week 1

1. START YOUR CHANGE
2. KNOW YOUR ENEMY
3. CAFFEINE SHOT
4. FAT REMOVAL

Week 2

1. HAWAII
2. CAN'T WALK
3. INSANE CARDIO
4. QUAD BOOST

Week 3

1. START YOUR CHANGE
2. KNOW YOUR ENEMY
3. CAFFEINE SHOT
4. FAT REMOVAL

Week 4

1. INSANE CARDIO
2. QUAD BOOST
3. HAWAII
4. CAN'T WALK

Week 5

1. CAFFEINE SHOT
2. FAT REMOVAL
3. KNOW YOUR ENEMY
4. START YOUR CHANGE

Week 6

1. INSANE CARDIO
2. QUAD BOOST
3. HAWAII
4. CAN'T WALK

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

EXERCISES

Workouts

START YOUR CHANGE

Pause 60/140

4 Cycles

8	Box Jumps
25	Jumping Jacks
12	Squats
15	Sit Ups
10 sec	Sprint

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

CAFFEINE SHOT

Pause 60/140

5 Cycles

15	Squat Jumps
20 sec	High Knees
20 sec	Flutter Crunches

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

HAWAII

Pause 60/140

4 Cycles

20 sec	Mountain Climbers
40 sec	Jumping Jacks
30 sec	Plank
20	Burpees

CAN'T WALK

Pause 60/140

5 Cycles

10	Lunges
12	Squats
8	Bulgarian Split Squats (each Leg)
10	Squat Jumps
10	Dips
35 sec	Wall Sit

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

QUAD BOOST

Pause 60/120

4 Cycles

15	Squats
12	Calf Raises (each Leg)
10	Lunges (each Leg)
12	Squat Jumps
10 sec	Sprint

MOTIVATION

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 never will! There will always be days when you have no more desire, when the weather is too bad, when you can't see low carb or healthy food anymore. Nevertheless, you must stay tuned and keep going. 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 healthier. Get inspired and find your own way to bring proper nutrition and athletic success into harmony. Always set small goals for yourself to keep your motivation positive.

Muhammad Ali, one of the greatest of all time, once 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 or epic music to motivate myself. After the workout I felt great and was glad to have 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**

Find more on calisthenics here: https://bodyweight-workout.com/calisthenics/