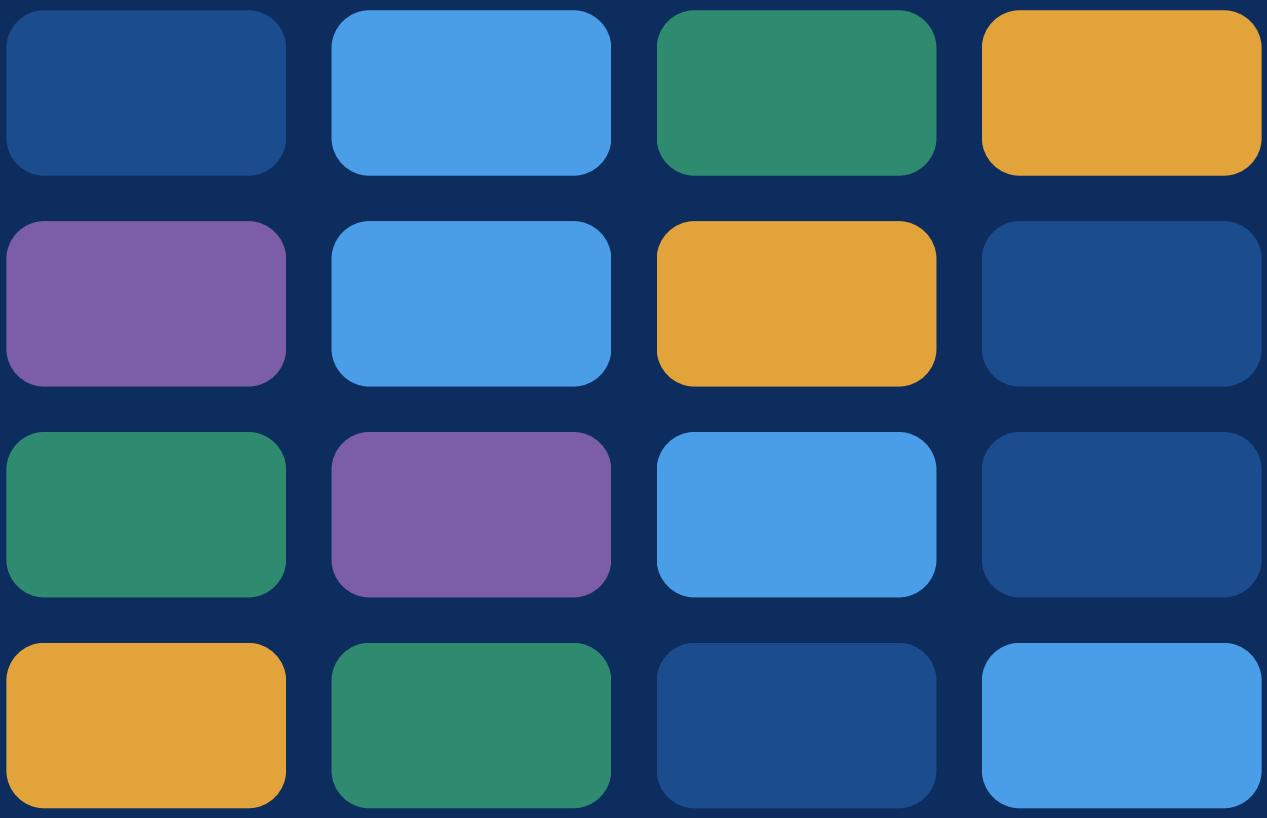

BODYWEIGHT-WORKOUT.COM

MADBARZ ROUTINES PLAN

Cardio

EXPERT

Expert | 11 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	CARDIO IS NOT SPANISH
2	NO LIMIT
3	CAFFEINE SHOT
4	FAT REMOVAL

Week 2

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

Week 3

1	USAIN BOLT
2	GO THE EXTRA MILE
3	HAWAII
4	CAN'T WALK

Week 4

1	CAFFEINE SHOT
2	FAT REMOVAL
3	INSANE CARDIO
4	HEART ATTACK

Week 5

1	HAWAII
2	CAN'T WALK
3	GO THE EXTRA MILE
4	USAIN BOLT

Week 6

1	CAFFEINE SHOT
2	FAT REMOVAL
3	INSANE CARDIO
4	QUAD BOOST

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

EXERCISES

Workouts

CARDIO IS NOT SPANISH

Pause 45/140

Rope Jumps	60 sec
Bulgarian Split Squats (each Leg)	7
Hindu Push Ups	7
Horizontal Jumps	12
Jumping Jacks	60 sec
Lunges (each Leg)	10
Side Plank (each Leg)	15 sec

NO LIMIT

Pause 45/140 · 4 Cycles

Burpees	15
Fast Incline Push Ups	12
Vertical Jumps	12
Hanging Oblique Raises (each Leg)	7
Mountain Climbers	20 sec
Sprint	20 sec
Squats	20

CAFFEINE SHOT

Pause 40/140 · 5 Cycles

Squat Jumps	20
High Knees	25 sec
Flutter Crunches	25 sec

FAT REMOVAL

Pause 40/140 · 4 Cycles

Run	45 sec
Dips (on Chair)	12
Jumping Jacks	40 sec
Push Ups	15
Alternating High Knees	20 sec
Mountain Climbers	20 sec
Plank	25 sec

HAWAII

Pause 40/140 · 4 Cycles

Mountain Climbers	30 sec
Jumping Jacks	60 sec
Plank	45 sec
Burpees	30

CAN'T WALK

Pause 40/140 · 5 Cycles

Lunges	20
Squats	20
Bulgarian Split Squats (each Leg)	15
Squat Jumps	20
Dips	15
Wall Sit	45 sec

INSANE CARDIO

Pause 40/140 | 5 Cycles

Mountain Climbers	20 sec
Squat Jumps	12
Jumping Jacks	40 sec
Horizontal Jumps	10
Burpees	8
Rope Jumps	40 sec

QUAD BOOST

Pause 40/140 | 4 Cycles

Squats	20
Calf Raises (each Leg)	15
Lunges (each Leg)	15
Squat Jumps	15
Sprint	20 sec

USAIN BOLT

Pause 30/140 | 2 Cycles

Burpees	10
Run	30 sec
Mountain Climbers	20 sec
Run	30 sec
Flutter Crunches	20 sec
Run	30 sec
Pistol Squats (each Leg)	5
Run	30 sec
Laying Down Leg Raises	10

GO THE EXTRA MILE

Pause 30/140 | 3 Cycles

Rope Jumps	35 sec
Lunges (each Leg)	10
Squat Jumps	12
Run Incline Hill	15 sec
Side Plank Left Side	30 sec
Toe Touch Crunches	10
Side Plank Right Side	30 sec
Run Incline Hill	15 sec

HEART ATTACK

Pause 40/140 | 4 Cycles

Jumping Jacks	40 sec
Squat Jumps	12
Walking Lunges (each Leg)	12
Vertical Jumps	12
Horizontal Jumps	10
Squat Jumps With 180 Turn	12

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/