



BODYWEIGHT-WORKOUT.COM

MADBARZ ROUTINES PLAN

# Cardio & Strength

EXPERT

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Expert

20 Workouts

6 weeks

Free

# Instructions

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## 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.

# Week Plan

## Week 1

- 1 GO HARD
- 2 CARDIO IS NOT SPANISH
- 3 FULL BODY 7R
- 4 LEG BURNER

## Week 2

- 1 BAR(S)KILLER
- 2 HERE AND NOW
- 3 FAT REMOVAL
- 4 FRESH AIR

## Week 3

- 1 LET'S GO
- 2 CAN'T WALK
- 3 BACK AND BICEPS TORTURE
- 4 THE BURNER

## Week 4

- 1 IRON SHOULDERS
- 2 TOUGH CORE
- 3 USAIN BOLT
- 4 INSANE CARDIO

## Week 5

- 1 TRAPEZIUS ROUTINE
- 2 GO THE EXTRA MILE
- 3 BAR(S)KILLER
- 4 LEG BURNER

## Week 6

- 1 SIMPLE KILL
- 2 GO HARD
- 3 USAIN BOLT
- 4 ON THE GO



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

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

## GO HARD

Pause 40/120

4 Cycles

<b>8</b>	Body Weight Skull Crushers
<b>5</b>	Clapping Pull Ups
<b>6</b>	Contralateral Limb Raises (each Side)
<b>6</b>	Korean Dips
<b>30 sec</b>	Flutter Crunches
<b>10</b>	Hindu Push Ups
<b>20 sec</b>	Tucked Front Lever Hold
<b>15</b>	Crunches

## BAR(S)KILLER

Pause 40/120

4 Cycles

<b>5</b>	Clap Push Ups
<b>7</b>	Close Grip Pull Ups
<b>8</b>	Diamond Push Ups
<b>10 sec</b>	Dip Hold
<b>5</b>	Handstand Wall Assisted
<b>8</b>	Leg Raises
<b>15</b>	Squats
<b>4</b>	Muscle Ups
<b>5</b>	Pseudo Push Ups

## HERE AND NOW

Pause 40/120

4 Cycles

<b>15</b>	Push Ups
<b>15</b>	Squats
<b>15</b>	Dips on Chair
<b>10</b>	Lunges (each Leg)
<b>15</b>	Diamond Push Ups

## 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

## 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

## 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

## 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

## LET'S GO

Pause 40/120

3 Cycles

- 10 Push Ups
- 40 sec Jumping Jacks
- 8 Straight Bar Dips
- 7 Pull Ups
- 12 Dips

## 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)

## 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

## 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

## 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

## 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

## 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

## 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

## SIMPLE KILL

Pause 40/120

4 Cycles

7 Pull Ups

12 Dips

10 Push Ups

10 Knee Raises

12 Squat Jumps

## 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

## 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

## 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

# Closing Remarks

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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/>