



BODYWEIGHT-WORKOUT.COM

MADBARZ ROUTINES PLAN

Strength

ADVANCED

Advanced

16 Workouts

6 weeks

Free

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.

Week Plan

Week 1

- 1 GO ON
- 2 DON'T DREAM IT, DO IT
- 3 SIMPLE KILL
- 4 HERE AND NOW

Week 4

- 1 SIMPLE KILL
- 2 SWEET DOMINATION
- 3 CHEST PUMP
- 4 HERE AND NOW

Week 2

- 1 SWEET DOMINATION
- 2 QUAD BOOST
- 3 BACK AND BICEPS HAZARD
- 4 SHOULDER CONTROL

Week 5

- 1 BACK AND BICEPS HAZARD
- 2 SHOULDER CONTROL
- 3 ABS IN PARK
- 4 CAN'T WALK

Week 3

- 1 ABS IN PARK
- 2 DIAMOND PULL
- 3 DON'T DREAM IT, DO IT
- 4 GO ON

Week 6

- 1 PUSH UP ROUTINE
- 2 MONEY MAKER
- 3 FULL BODY HYPE
- 4 BACK AND BICEPS TORTURE

+ Try to keep or improve your personal best in Push Ups, Pull Ups and Dips every week.

Workouts

GO ON

Pause 45/120

4 Cycles

Burpees	10
Chin Ups	8
Close Hands Push Ups	8
Dips	7
Flutter Crunches	45 sec
Negative Chin Ups	6
Push Up Hold	20 sec

DON'T DREAM IT, DO IT

Pause 45/120

4 Cycles

Run Incline Hill	15 sec
Decline Push Ups	8
Explosive High Chest Pull Ups	5
Knee Raises	10
Push Up Hold	20 sec
Squat Jumps With 180 Turn	12
Wide Pull Ups	6

SIMPLE KILL

Pause 45/120

4 Cycles

Pull Ups	7
Dips	12
Push Ups	10
Knee Raises	10
Squat Jumps	12

HERE AND NOW

Pause 45/120

4 Cycles

Push Ups	10
Squats	15
Dips (on Chair)	12
Lunges (each Leg)	10
Diamond Push Ups	12

SWEET DOMINATION

Pause 45/120

4 Cycles

Push Ups	15
Chair Dips	12
Pike Push Ups	10
Diamond Push Ups	10

QUAD BOOST

Pause 45/120

4 Cycles

Squats	15
Calf Raises (each Leg)	12
Lunges (each Leg)	10
Squat Jumps	12
Sprint	20 sec

BACK AND BICEPS HAZARD

Pause 45/120

4 Cycles

Pull Ups	7
Negative Chin Ups	8
Inclined Chin Ups	12
Wide Pull Ups	6
Shoulder Width Chin Ups	7

DIAMOND PULL

Pause 45/120

4 Cycles

Pull Ups	7
Negative Chin Ups	8
Diamond Push Ups	12
Close Grip Chin Ups	8
Wide Pull Ups	6
Wide Chin Ups	7

SHOULDER CONTROL

Pause 45/120

5 Cycles

Dips	12
Higher Decline Push Ups	10
Push Ups	10
Inclined Pull Ups	15
Pike Push Ups	6
Hindu Push Ups	10

CHEST PUMP

Pause 45/120

4 Cycles

Incline Push Ups	15
Close Hands Push Ups	8
Decline Push Ups	12
Push Ups	10
Dips	12
Wide Push Ups	8
Push Up Hold	25 sec

ABS IN PARK

Pause 45/120

5 Cycles

Knee Raises	10
Leg Raises	5
Leg Raises on Parallel Bar	8
Hanging Oblique Raises (each Side)	8
Half Burpees	15

CAN'T WALK

Pause 45/120

5 Cycles

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

PUSH UP ROUTINE

Pause 45/120

3 Cycles

Push Ups	10
Pseudo Push Ups	12
Push Up Hold	25 sec
Clap Push Ups	6
Higher Decline Push Ups	10
Diamond Push Ups	12
Incline Push Ups	15

FULL BODY HYPE

Pause 45/120

3 Cycles

Pull Ups	15
Toe Touch Crunches	10
Squats	25
Chin Ups	10
Side Plank Right Side	40 sec
Side Plank Left Side	40 sec
Decline Push Ups	10

MONEY MAKER

Pause 45/120

4 Cycles

Squats	15
Mountain Climbers	20 sec
Lunges (each Leg)	10
Push Ups	10
Plank	30 sec
Pike Push Ups	6

BACK AND BICEPS TORTURE

Pause 45/120

4 Cycles

Chin Ups	8
Close Grip Pull Ups	7
L-Sit Chin Ups	5
Inclined Chin Ups	12
Wide Pull Ups	6
Negative Chin Ups	8

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/>