BODYWEIGHT-WORKOUT.COM

MADBARZ ROUTINES PLAN

Strength

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. GET IN SHAPE
2. EXPRESS YOURSELF
3. SIMPLE KILL
4. HERE AND NOW

Week 2

1. SIMPLE KILL
2. HERE AND NOW
3. SWEET DOMINATION
4. QUAD BOOST

Week 3

1. GET IN SHAPE
2. EXPRESS YOURSELF
3. SIMPLE KILL
4. HERE AND NOW

Week 4

1. QUAD BOOST
2. SWEET DOMINATION
3. CHEST PUMP
4. BACK AND BICEPS HAZARD

Week 5

1. SIMPLE KILL
2. HERE AND NOW
3. EXPRESS YOURSELF
4. GET IN SHAPE

Week 6

1. SWEET DOMINATION
2. CHEST PUMP
3. BACK AND BICEPS HAZARD
4. QUAD BOOST

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

EXERCISES

Workouts

GET IN SHAPE

Pause 60/120

4 Cycles

20 sec	Alternating High Knees
10	Contralateral Limb Raises (each Side)
20	Crunches
8	Inclined Chin Ups

EXPRESS YOURSELF

Pause 60/120

4 Cycles

15	Half Burpees
7	Dips (on Chair)
5	Inclined Pull Ups
15	Laying Down Leg Raises
5	Negative Chin Ups

SIMPLE KILL

Pause 60/120

4 Cycles

7	(Negative) Pull Ups
10	Dips or 10 sec Dip-Hold
10	Push Ups
10	Knee Raises
10	Squat Jumps

HERE AND NOW

Pause 60/120

4 Cycles

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

SWEET DOMINATION

Pause 60/120

4 Cycles

10	Push Ups
10	Chair Dips
7	Pike Push Ups
7	Diamond Push Ups

QUAD BOOST

Pause 60/120

4 Cycles

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

CHEST PUMP

Pause 60/120

4 Cycles

10	Incline Push Ups
7	Close Hands Push Ups
10	Decline Push Ups
10	Push Ups
10	Dips
7	Wide Push Ups
15 sec	Push Up Hold

BACK AND BICEPS HAZARD

Pause 60/120

4 Cycles

7	(Negative) Pull Ups
8	Negative Chin Ups
10	Inclined Chin Ups
6	(Negative) Wide Pull Ups
7	(Negative) Shoulder Width Chin Ups

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/