



BODYWEIGHT-WORKOUT.COM

MADBARZ ROUTINES PLAN

Strength

EXPERT

Expert

17 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 HARD
- 2 BAR(S)KILLER
- 3 FULL BODY HYPE
- 4 HERE AND NOW

Week 2

- 1 SWEET DOMINATION
- 2 CAN'T WALK
- 3 BACK AND BICEPS TORTURE
- 4 IRON SHOULDERS

Week 3

- 1 TOUGH CORE
- 2 BICEPS TRICEPS
- 3 BAR(S)KILLER
- 4 SIMPLE KILL

Week 4

- 1 GO HARD
- 2 QUAD BOOST
- 3 PUSH DOSE
- 4 UPPER BODY TORTURE

Week 5

- 1 SHARP ABS
- 2 IRON SHOULDERS
- 3 HEART ATTACK
- 4 BAR(S)KILLER

Week 6

- 1 PUSH UP ROUTINE
- 2 SIMPLE KILL
- 3 GO HARD
- 4 BACK AND BICEPS TORTURE



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

Workouts

GO HARD

Pause 40/120

4 Cycles

- 8 Body Weight Skull Crushers

- 5 Clapping Pull Ups

- 6 Contralateral Limb Raises (each Side)

- 6 Korean Dips

- 30 sec Flutter Crunches

- 10 Hindu Push Ups

- 20 sec Tucked Front Lever Hold

- 15 Crunches

- 7 L-Sit Chin Ups

CAN'T WALK

Pause 40/120

5 Cycles

- 10 Lunges (each Leg)

- 15 Squats

- 10 Bulgarian Split Squats (each Leg)

- 5 Pistol Squats (each Leg)

- 12 Squat Jumps

- 12 Box Jumps

- 12 Calf Raises (each Leg)

BAR(S)KILLER

Pause 40/120

4 Cycles

- 5 Clap Push Ups

- 7 Close Grip Pull Ups

- 8 Diamond Push Ups

- 10 sec Dip Hold

- 5 Handstand Wall Assisted

- 8 Leg Raises

- 15 Squats

- 4 Muscle Ups

- 5 Pseudo Push Ups

SIMPLE KILL

Pause 40/120

4 Cycles

- 7 Pull Ups

- 12 Dips

- 10 Push Ups

- 10 Knee Raises

- 12 Squat Jumps

HERE AND NOW

Pause 40/120

4 Cycles

- 15 Push Ups

- 15 Squats

- 15 Dips on Chair

- 10 Lunges (each Leg)

- 15 Diamond Push Ups

SWEET DOMINATION

Pause 40/120

4 Cycles

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

QUAD BOOST

Pause 40/120

4 Cycles

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

PUSH UP ROUTINE

Pause 40/120

3 Cycles

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

FULL BODY HYPE

Pause 40/120

3 Cycles

- 15 Pull Ups
- 15 Toe Touch Crunches
- 30 Squats
- 12 Chin Ups
- 45 sec Side Plank right Side
- 45 sec Side Plank left Side
- 12 Decline Push Ups

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

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

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

BICEPS TRICEPS

Pause 40/120

4 Cycles

7	Diamond Push Ups
10	Chin Ups
5	Korean Dips
10	Inclined Chin Ups
8	Single Bar Dips
7	Negative Chin Ups
7	Dips

PUSH DOSE

Pause 40/120

5 Cycles

10	Push Ups
6	Pike Push Ups
12	Diamond Push Ups
6	Clap Push Ups
12	Decline Push Ups
15	Incline Push Ups

UPPER BODY TORTURE

Pause 40/120

4 Cycles

9	Chin Ups
8	Close Grip Pull Ups
7	L-Sit Chin Ups
6	Wide Pull Ups
8	Negative Chin Ups

SHARP ABS

Pause 40/120

4 Cycles

5	Leg Raises
25	Crunches
8	Windshield Wipers (each Side)
8	Hanging Oblique Raises (each Side)
25	Crunches
15	Half Burpees

HEART ATTACK

Pause 40/120

4 Cycles

60 sec	Jumping Jacks
15	Squat Jumps
10	Lunges (each Leg)
20	Burpees
12	Squat Jumps 180

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/>