

DIP AND PUSH

by MADBARZ.COM

DO 4 CYCLES

3MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



MEDIUM

DIPS
15



DECLINE
PUSH UPS
15



KOREAN
DIPS
10



35

INCLINE
PUSH UPS



PUSH UP HOLD



35
SEC

FINISH



START

CLOSE
PUSH UPS

20



DIPS ON
STRAIGHT
BAR
10



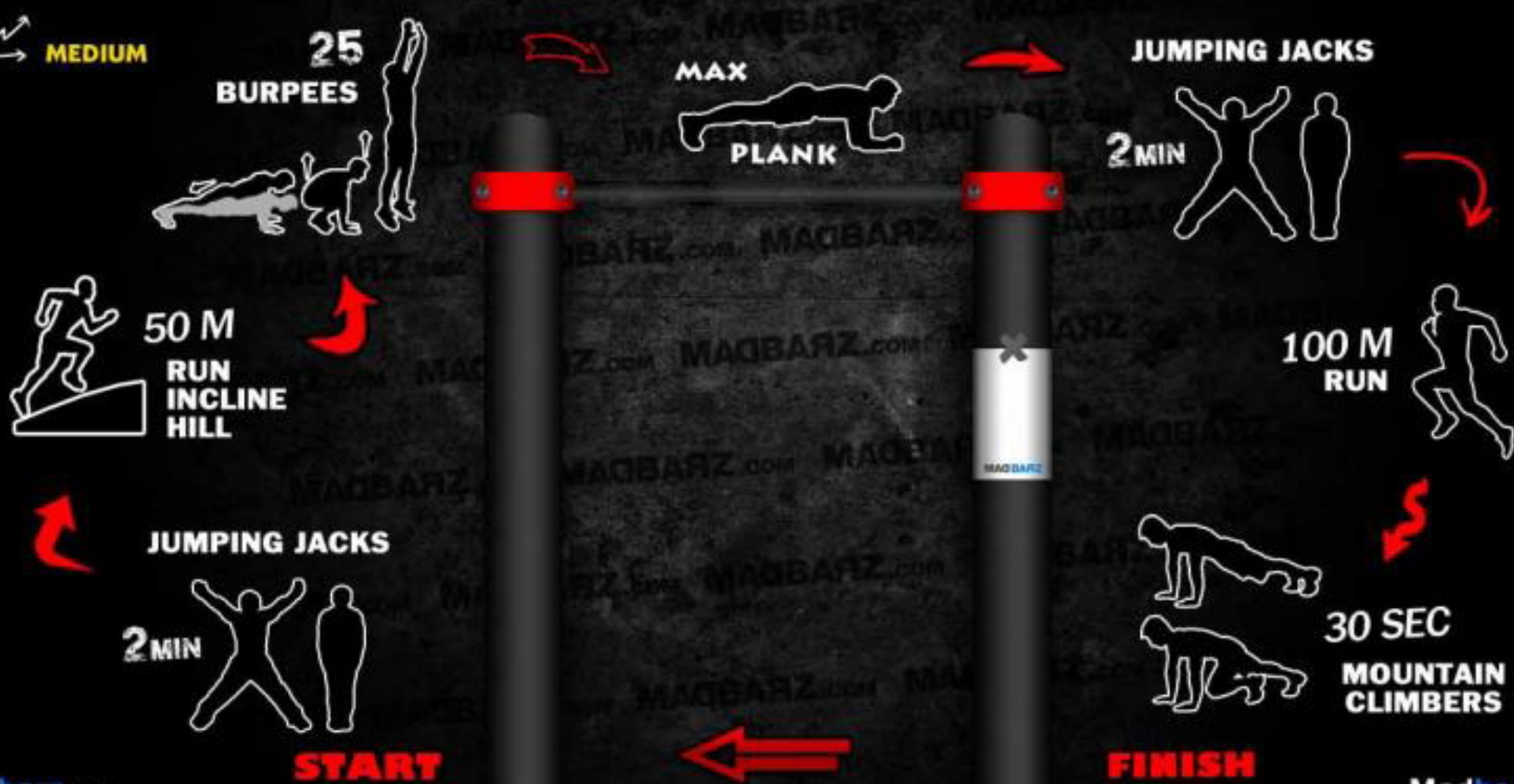
THE BURNER

by MADBARZ.COM

DO 5 CYCLES

4MIN REST BETWEEN EACH CYCLE AND 20 SEC REST BETWEEN EXERCISES

MAD BAZZ
GLOBAL STREET WORKOUT WEBSITE







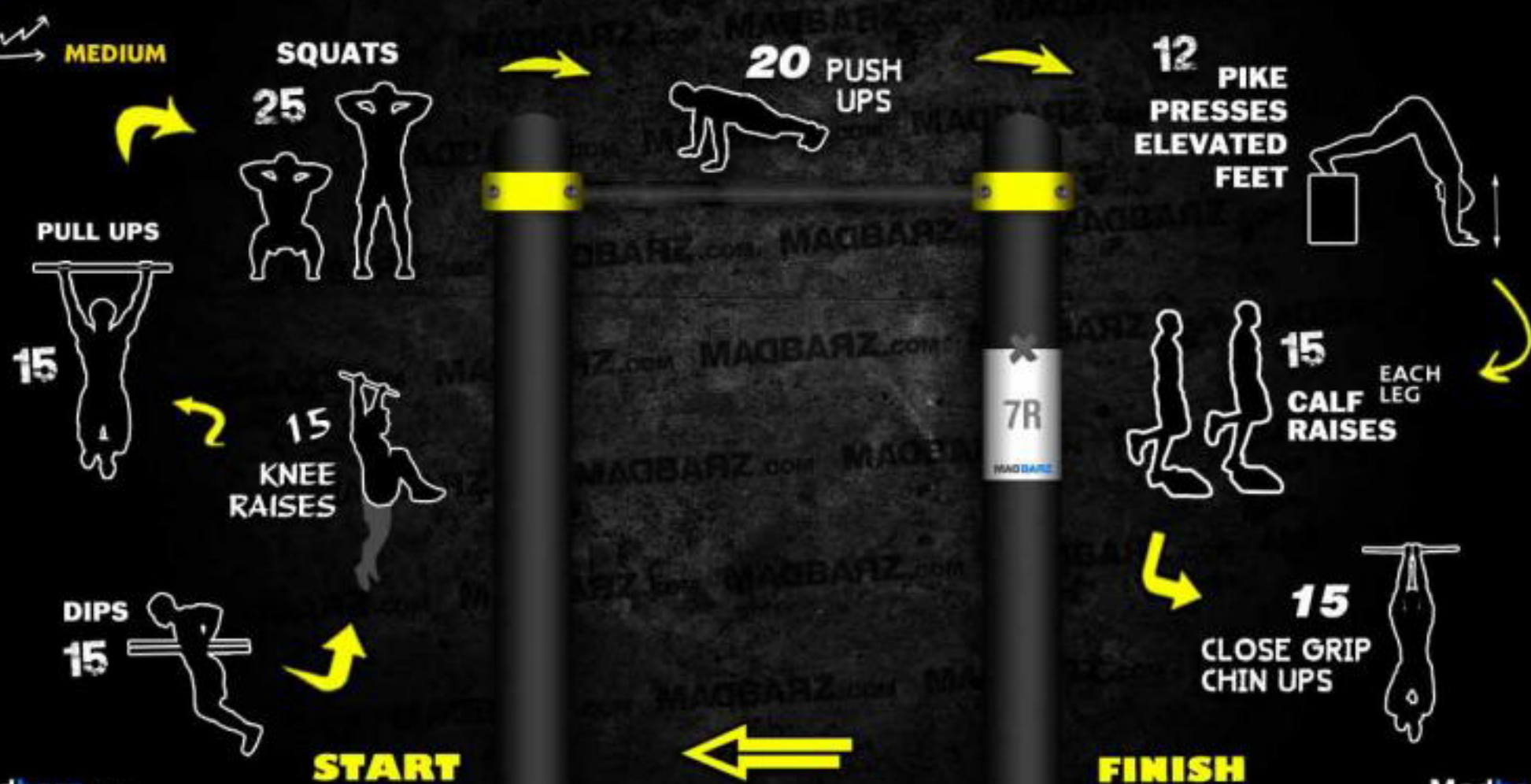
FULL BODY ROUTINE 7R

by MADBARZ.COM

DO 4 CYCLES

2 MIN REST BETWEEN
EACH CYCLE AND 45 SEC
REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



NO BARZ NO GLORY

by BLAKE BEHREND

DO 3 CYCLES

2 MIN REST BETWEEN
EACH CYCLE AND 45 SEC
REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM

10x 1
WIDE GRIP
PULL UPS



+

FRONT LEVER
SWING



1



20

LEG
RAISES

MUSCLE
UPS



8

START



FINISH



JUMP ON
HIGHER
PLATFORM

20

AUSTRALIAN
PULL UPS

30



10

TYPEWRITER
PULL UPS

30 sec
L SIT
BICYCLES.
PULLED UP
(chin above bar)



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KILLER KIWI

by TOREA TEPAKI

DO 4 CYCLES

2 MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

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MEDIUM



20 EACH LEG
BULGARIAN
SPLIT SQUATS

DIPS
+
KNEE RAISES

15



10 LEG
RAISES



MUSCLE
UPS

10



30 SQUATS

JUMPING JACKS



1 MIN

30 PUSH
UPS



10 CHIN UPS

START

FINISH

ONCE AT THE TOP OF DIP,
DO THE KNEE RAISE.
THAT'S ONE REP.

UPPER BACK, BICEPS, ABS

by EDDY CONDE

DO 3-5 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND NO
REST BETWEEN EXERCISES

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PUSH-UP HELL ROUTINE

by MARGARET MARY

DO 3 CYCLES

2 MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM

DECLINE
PUSH UPS

10



DIAMOND
PUSH UPS

5



10

WIDE
PUSH UPS



5

HINDU
PUSH UPS



INCLINE
PUSH UPS

15



MILITARY
PUSH UPS

10



REGULAR
PUSH UPS

10



START

FINISH





MEDIUM

KOREAN
DIPS
10



INCLINE
CHIN UPS

25



12

DIPS ON
STRAIGHT BAR



10
CHIN UPS



DIAMOND
PUSH UPS
10



START



LET'S
GO !!

MADBARZ

8
NEGATIVE
CHIN UPS



DIPS
15



FINISH



MEDIUM

SPRINT

100M



**STATIC HOLD
PULL-UPS**



8



**SHUTTLE
PUSH UPS**

10



**EACH
SIDE**

20

LATERAL LUNGE WALK OUTS

**SPRAWL
JUMPS**



20



10

**EACH
LEG**

**SINGLE LEG
BURPEES**



**SPLIT LEG
V-UPS**

15

**EACH
LEG**



START



FINISH

ABS & CORE ROUTINE

by CHAZYNASH BAR-RISAN

DO 4 CYCLES

3 MIN REST BETWEEN
EACH CYCLE AND 30 SEC
REST BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE

 **MEDIUM**



START



FINISH



MEDIUM

10



**WINDSHIELD
WIPERS**

20



CRUNCHES

10



**FULL
LEG RAISES**

START



**10
EACH
SIDE**

**HANGING
OBLIQUE
RAISES**

10



KNEE RAISES



CRUNCHES

20

10



**HANGING
LEG RAISES**

FINISH

SHOW
TO 1
FRIEND

MADBARZ







MEDIUM

15
**NEGATIVE
CHIN UPS**



15
PULL UPS

START

**DIAMOND
PUSH UPS**

20



15
**NARROW
GRIP
CHIN UPS**



**WIDE
PULL UPS**
15



15
**WIDE
CHIN UPS**

FINISH

BASIC BEGINNER

by MADBARZ.COM

DO 4 CYCLES

5 MIN REST BETWEEN
CYCLES AND 30 SEC REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



BEGINNER

DIPS

6



PUSH UPS

15



LEG
RAISES

5

JUMP
SQUATS

9



15



AUSTRALIAN
PULL UPS

5

PULL UPS!



CLOSE HANDS
CHIN UPS

7



START



FINISH

UPPER BODY ROUTINE

by XIONE CALISTHENICS

DO 1 CYCLE

4 MIN REST
BETWEEN EXERCISES

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MEDIUM

5X SITUPS
20-30



100

PULL
UPS



DIFFERENT
GRIPS.
MIX THEM.



MUSCLE
UPS
MAX

START

5X

20-30



DIPS

PUSH UPS
ON DIP BAR

5x

20-30

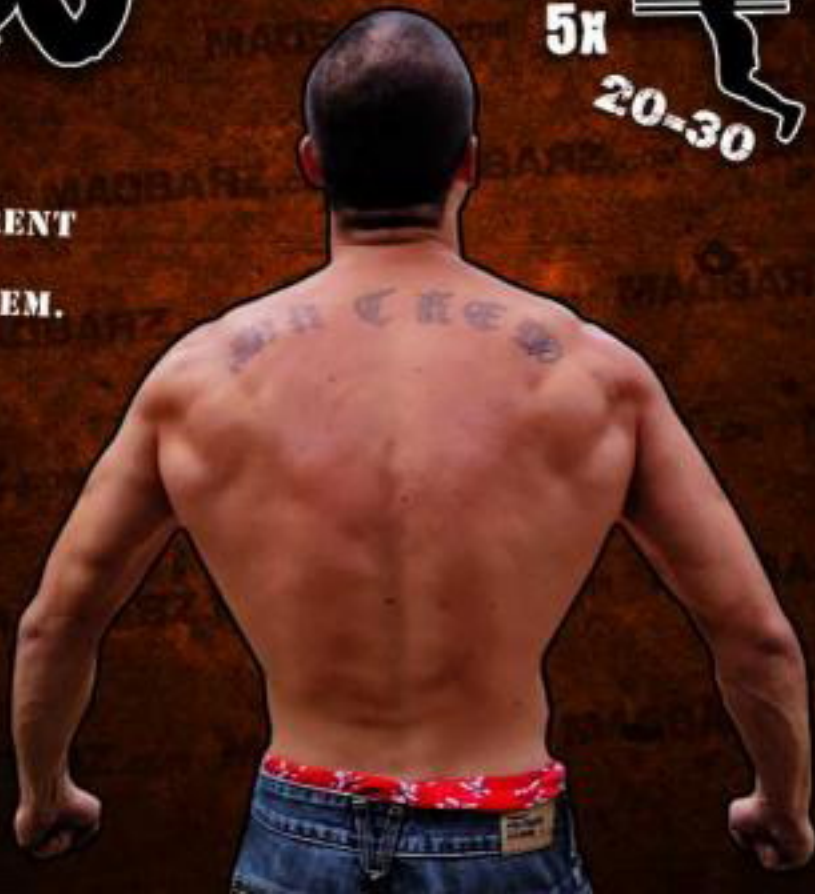


3x15

REVERSE
T BAR DIPS



FINISH



UPPER BODY ROUTINE

by PAVLE DJURDJEVIC

DO 3-5 CYCLES

3 MIN REST BETWEEN
CYCLES AND 15 SEC REST
BETWEEN EXERCISES

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MEDIUM



START

FINISH



HOME - FULL BODY

by MADBARZ.COM

DO 4 CYCLES

2 MIN REST BETWEEN
CYCLES AND **MINIMUM** REST
BETWEEN EXERCISES

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BACK LEVER HUNT

by MADBARZ.COM

DO 6 CYCLES

1 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM

PRESS TO
HANDSTAND
WALL ASSISTED



12



8

L-SIT
PULL UPS

TUCKED BACK
LEVER

25
SEC



START



10

DRAGON
FLAG



WINDSHIELD
WIPERS



15



30
SEC

SKIN
THE
CAT

FINISH





MEDIUM



60 sec
WALL SIT

20



MOUNTAIN CLIMBERS



20
WIDE PUSH UPS

START



CLAPP PUSH UPS
15

30 SEC **SUPERMAN HOLD**



SQUATS
30



PLANK
60 SEC



FINISH

HARD BODY ROUTINE

by SHERMAN MATHIS

DO 3 CYCLES

4 MIN REST BETWEEN
CYCLES AND 2 MIN REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM

6

**SEQUENTIAL
MUSCLE-UPS**

(CHANGING YOUR GRIP)



10

L-PULL UPS



**DIAMOND
PUSH UPS 20**



10

**WINDSHIELD
WIPERS**



30

**PUSH
UPS**



**15
PULL
UPS**



SQUATS

30



10

**HANGING
OBLIQUE
RAISES**



START



FINISH



ABS ROUTINE

ON PULL UP BAR
by LAZAR NOVOVIC

DO 5 CYCLES

1 MIN REST BETWEEN
CYCLES AND **MINIMUM** REST
BETWEEN EXERCISES

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MEDIUM

10 LEG
RAISES
TO BAR



10



STRAIGHT LEG
IN AND OUTS



10
LEG RAISES
90 DEGREE

START



10



FRONT
LEVER
RAISES



30

KNEE
RAISES



15 SEC

90 DEGREE
LEGS HOLD



FINISH



FULL BODY ROUTINE

by LUIS RODRIGUES

EXPLOSIVE AND ENDURANCE ROUTINE

SHOULDERS, BACK, CHEST, BICEP, TRICEP, LEGS AND AB'S

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START

FINISH

ARM ROUTINE

by NICO DEGRAENE

DO THIS ROUTINE 5 TIMES

GOOD FORM AND SLOW SO YOU CAN FEEL IT BURN!

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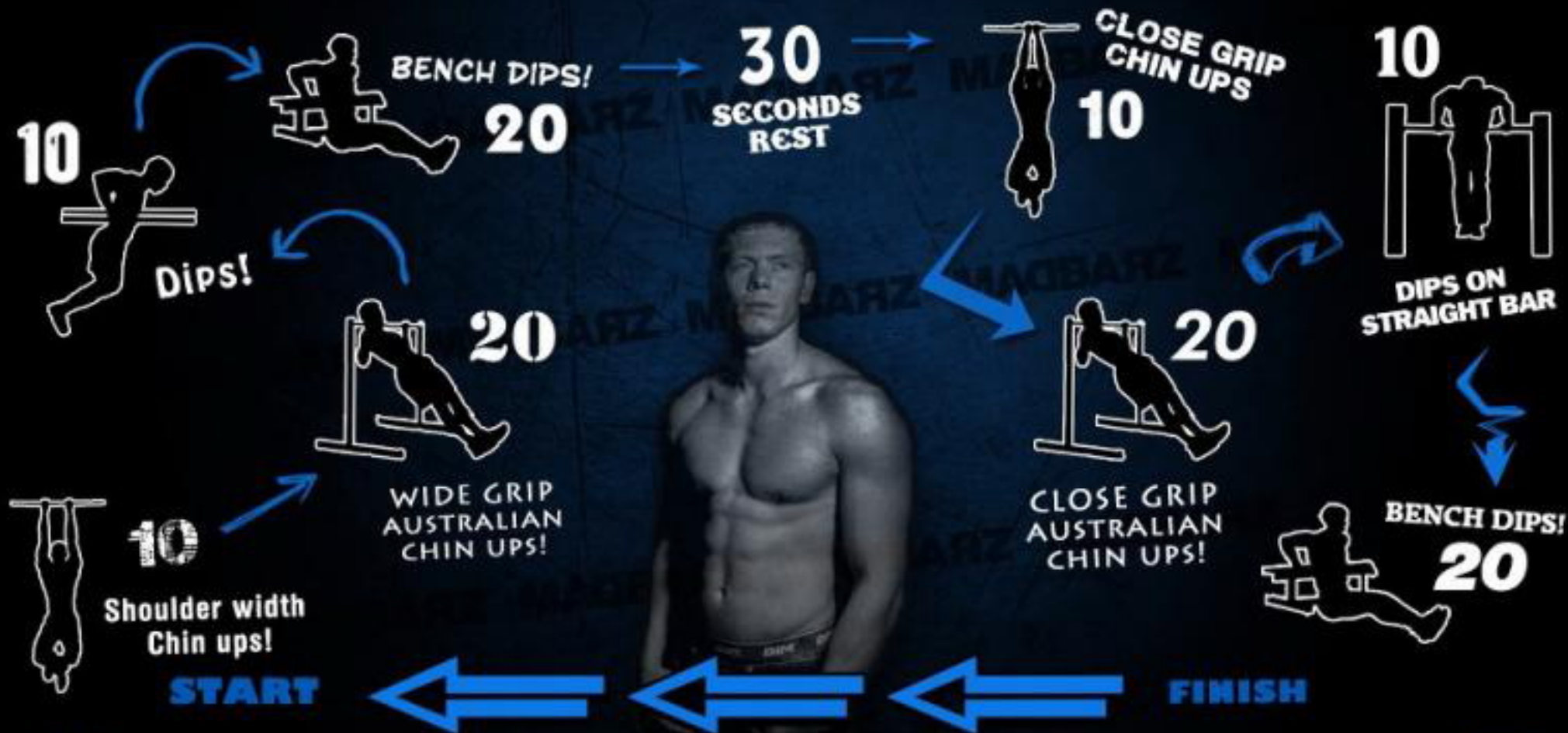


PLANCHE HUNT

by MADBARZ.COM

DO 5 CYCLES

1 MIN REST BETWEEN
CYCLES AND 30 SEC REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM

WINDSHIELD
WIPERS
8



TUCKED
PLANCHE
HOLD



8sec

DRAGON
FLAG
6



PSEUDO
PLANCHE
PUSH UPS
8



WALL ASSISTED
HANDSTAND
PUSH UPS
8



15
SEC
FROG
STAND



START



FINISH



MEDIUM

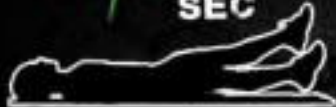


**CRISS
CROSS
CRUNCHES**

30



**40
SEC**



**SCISSOR
CRUNCHES**

20



**HALF
BURPEES**



CRUNCHES

35



**WINDSHIELD
WIPERS**

10



8

**LEG
REISES**



30sec

V-HOLD

START

FINISH

PARRALLEL BAR ROUTINE

by CALI MOVE

DO 4 CYCLES

3 MIN REST BETWEEN CYCLES AND 1 MIN REST BETWEEN EXERCISES

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MEDIUM

DIPS

20

ARCHER ROWS

10 EACH HAND

TUCKED PLANCHE PRESSES

10

STRAIGHT LEG REISES 15

L-SIT
HOLD

15-20 SEC

20

PUSH UPS ON PARALLEL BARZ

START <<<<< <<<<<

FINISH

FRONT LEVER HUNT

by MADBARZ.COM

DO 4 CYCLES

3 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MEDIUM

LEG
RAISES
12



SUPERMAN
HOLD
30 SEC



16



WINDSHIELD
WIPERS



BACK
LEVER
10 sec



15 SEC ELBOW
LEVER



DRAGON
FLAG

10



START



FINISH

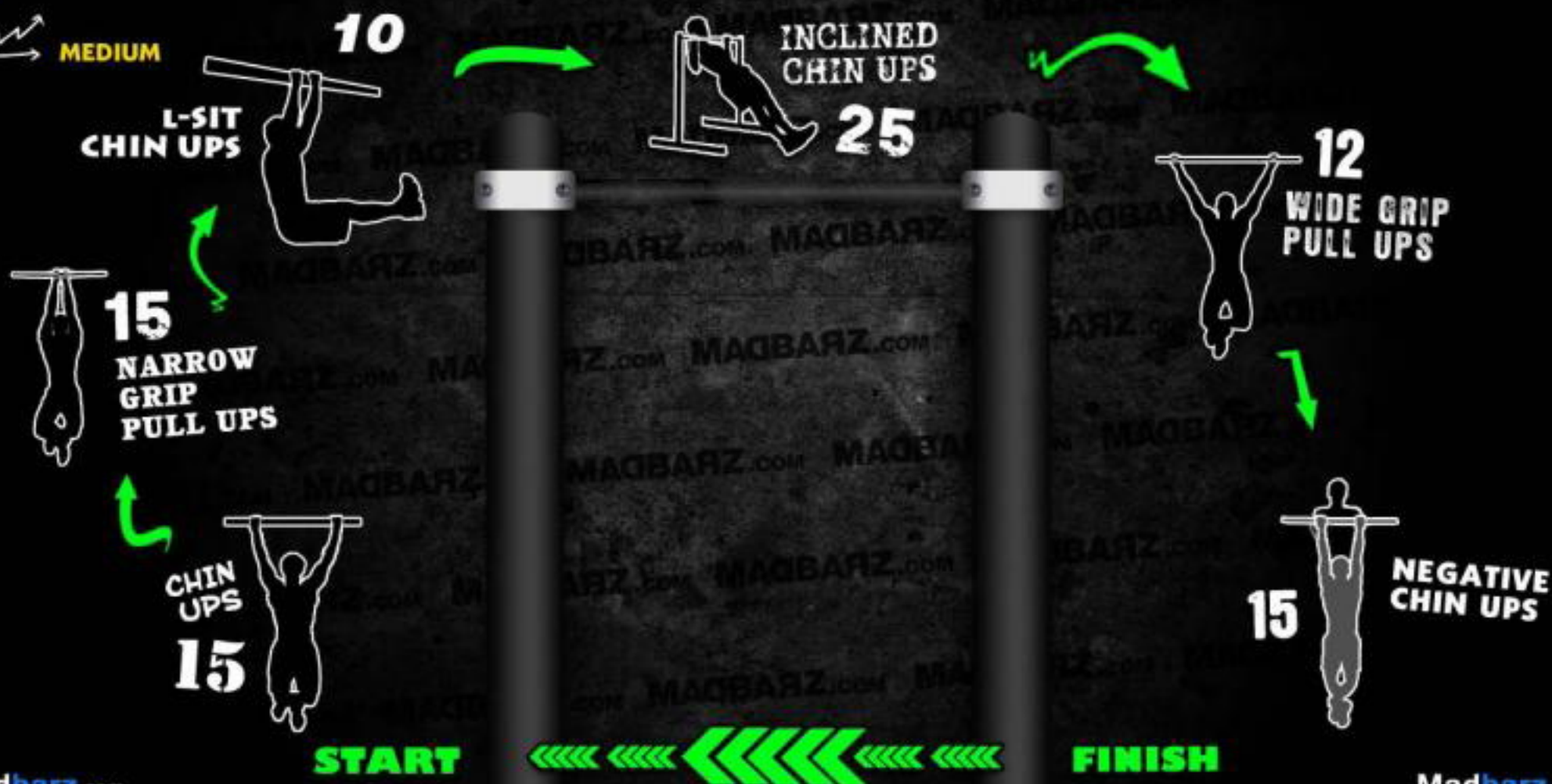
BICEPS - BACK ROUTINE

by MADBARZ.COM

DO **3-4** CYCLES

3 MIN REST BETWEEN
CYCLES AND **MINIMUM** REST
BETWEEN EXERCISES

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TRICEPS ROUTINE

by MADBARZ.COM

DO 3-4 CYCLES

3 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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MEDIUM

15

DIPS ON
STRAIGHT
BAR



15

DIAMOND
PUSH UPS



DIPS

15



CLOSE HANDS
PUSH UPS

20



9

REVERSE
T-BAR
DIPS



CLAPPING
PUSH UPS

10



KOREAN
DIPS

10



START



FINISH

MUSCLE UP HUNT

by MADBARZ.COM

DO 3 CYCLES

2 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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UPPER BODY

by LADA PRIDAL

DO 3-5 CYCLES

3 MIN REST BETWEEN
CYCLES AND **MINIMUM** REST
BETWEEN EXERCISES

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MEDIUM



20
DIPS ON
STRAIGHT
BAR



20
DIPS



PUSH UPS
ON HANDLES

20



20

INCLINE
PUSH UPS



20
PULL UPS

REVERSE
T-BAR DIPS

20



START

FINISH

FULL BODY FAT BURNER

by MADBARZ.COM

DO 3 CYCLES

2 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

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LUCKY NUMBER 7

by COREY HALL

DO 2-3 CYCLES

5 MIN REST BETWEEN
CYCLES AND 30 SEC REST
BETWEEN EXERCISES

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MEDIUM



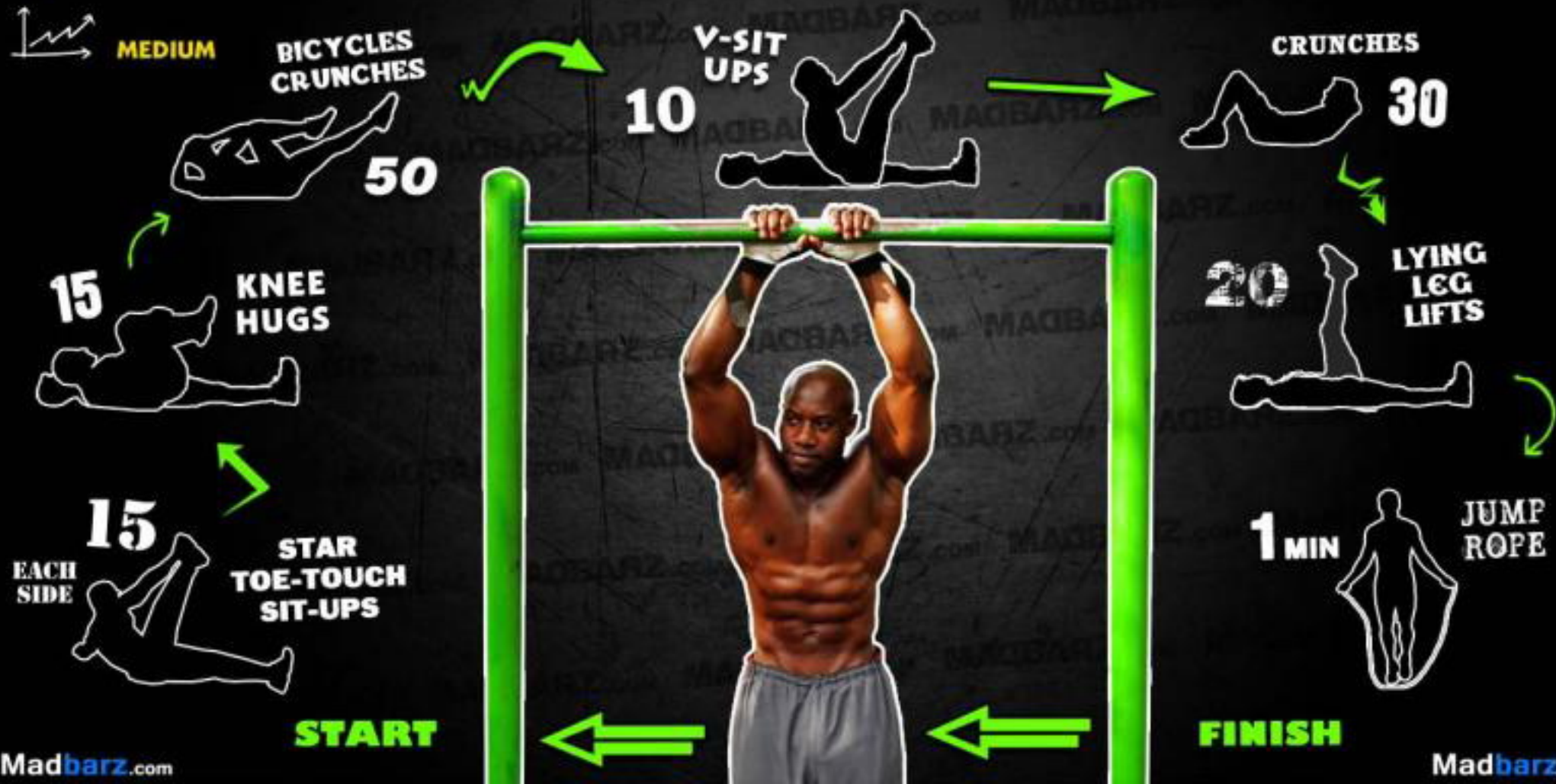
KILLER ABS ROUTINE

by HIT RICHARDS

DO 5 CYCLES

2-3 MIN REST BETWEEN
CYCLES AND 10 SEC REST
BETWEEN EXERCISES

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GLOBAL STREET WORKOUT WEBSITE



MECKANIMAL LEG ROUTINE

by GODFROY ALI

DO 5 CYCLES

MINIMUM REST
BETWEEN
CYCLES AND EXERCISES

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MEDIUM



10

HAMSTRING LEVERS

PYRAMID
CALF RAISES
(15, 14, 13...3, 2, 1)
(120 TOTAL)

15



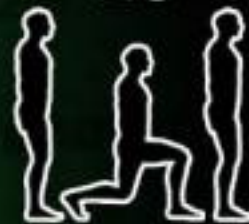
SQUAT
JUMPS

20



20

LUNGES
WALK



PISTOLS
SQUATS
10 ON
EACH LEG!

10



1 MIN
WALL
SIT



START



FINISH



SHOULDER ROUTINE

by MADBARZ.COM

DO 4 CYCLES

MINIMUM REST BETWEEN EXERCISES, 3 MIN REST AFTER EACH CYCLE

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LEVEL MEDIUM



12
TYPEWRITER
PULL UPS!



DIPS !!



15

START

15
DECLINE
PUSH UPS



20

AUSTRALIAN
PULL UPS



8

KOREAN
DIPS !



L-SIT!

25 SEC

FINISH



LEG ROUTINE

by MADBARZ.COM

DO 2 CYCLES

MINIMUM REST BETWEEN EXERCISES, 5 MIN REST AFTER EACH CYCLE

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LEVEL MEDIUM



10



SQUAT
JUMPS
WITH
180 TURN

15



JUMPING
JACKS

20



DUCK
WALK

15



FORWARD JUMPS

15



BACKWARD
JUMPS!

25

WALKIN
LOUNGES



VERTICAL
JUMPS!

15



START

FINISH



MANIAC ROUTINE

by JORDAN HILL

DO 2 CYCLES

5 SECONDS REST BETWEEN EXERCISES, 8 MIN REST AFTER EACH CYCLE

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LEVEL MEDIUM



JUMPING
SQUATS!

25



15

UP DOWNS!



PUSH UPS!

50



MUSCLE
UPS!

5

START



15

REGULAR
PULL UPS

PULL UPS!



10

LEG FLUTTERS



1 min

30 SEC
SPRINT



FINISH



FRANK'S KILLER ABS

by FRANK MEDRANO

DO 3 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 3MIN REST AFTER EACH CYCLE

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LEVEL MEDIUM



CHEST ADDICT

by MADBARZ.COM

DO 4 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 3MIN REST EACH CYCLE

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LEVEL MEDIUM



DIPS ON
STRAIGHT BAR



START



FINISH

HUMAN FLAG PATH

by KEVIN SOLER

DO 3 CYCLES OR MORE

MINIMUM REST BETWEEN EXERCISES, 4MIN REST AFTER EACH CYCLE

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LEVEL MEDIUM



BACK ROUTINE

by RANJIT BHACHU

DO THIS ROUTINE 3 TIMES
GIVE A TOTAL OF 90 REPS AND 30 SECONDS HOLD

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