

MADBARZ.com

10-DAY WORKOUT PLAN



ABOUT

Shift your body into next gear with this 10-day workout plan designed to develop your strength and endurance and to make your workouts simple and fun!

This workout plan is made up of the pre-made Madbarz workout routines so that you can track your progress through the app.

Everything you need to do is:

- Pick a workout from the plan
- Select the workout in the Madbarz App
- Use Madbarz suggested repetitions / seconds
- Edit reps / sec if needed
- Give it all you got!



**DESIGNED BY
DEJAN STIPKE STIPIC**

10 DAYS WORKOUT PLAN

TARGET: FULL BODY

Break between exercises

60 sec

Break between cycles

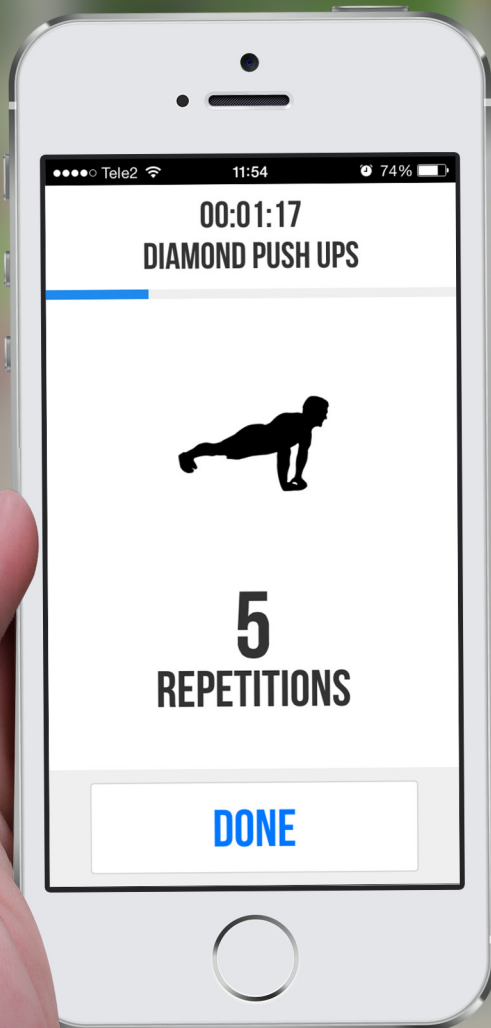
180 sec

Day 1	Back and bicep hazard
Day 2	Push up routine
Day 3	Can't walk
Day 4	REST DAY
Day 5	Shoulder control
Day 6	Fat removal
Day 7	Triceps limit
Day 8	REST DAY
Day 9	Full body hype
Day 10	Heart attack

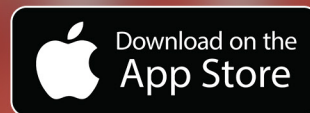
A young man with dark hair and a serious expression is shown from the chest up. He is wearing a black t-shirt with the word 'PEOPLE' in large yellow letters. His right elbow is bloody and swollen. He has a black and orange wristband on his right wrist. The background is a blurred outdoor setting with green foliage.

**NOTHING
GOOD
IN
LIFE
COMES
EASY**

MADBARZ



Madbarz Workout App



Disclaimer

All information in this document is supplied without liability. You should consult a physician before beginning a new fitness or nutritional program. Our recommended workout plans and exercises, even if they are tailored to individual users, should not be misconstrued as medical advice, diagnoses or treatment. If you have any concerns or questions about your health, you should always consult with a healthcare professional before starting the program or individual exercise.

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