

MAGBARZ.com

ABS & CHEST



2 WORKOUTS

Get ripped, rock hard abs and carve out the perfect chest with these two workout routines designed by the popular Dejan Stipic Stipke!

Simply create these two routines using the Madbarz „Create Workout“ feature in the app, commit to it, give it all you got and get the abs and chest you’ve always imagined having!

ROCK HARD ABS

This workout routine is specially designed to hit your core and give you those rock solid abs!

READY-SET-WORKOUT!

This routine was developed to help you build and sculpt your upper body to get that strong and muscular chest!

**DESIGNED BY
DEJAN STIPKE STIPIC**



ROCK HARD ABS

DO 4 CYCLES

Focus: abs

Training frequency	2 times per week
Break between exercises	60 sec
Break between cycles	180 sec

Reps	Exercises
20	Sit ups
15	Leg raises to the bar
15	Toe touch crunches
60 sec	Plank
15	Knee raises
30 sec	Flutter crunches
10	Hanging oblique raises

IMPORTANT NOTE

Incorporate this workout into your regular weekly trainings for best results, and edit reps if needed.

READY-SET-WORKOUT!

DO 4 CYCLES

Focus: chest

Training frequency	2 times per week
Break between exercises	60 sec
Break between cycles	180 sec

Reps	Exercises
15	Clap push ups
20	Push ups
30	Fast incline push ups
15	Higher decline push ups
20	Dips
20	Straight bar dips
20	Diamond push ups
20 sec	Push up hold

IMPORTANT NOTE

Incorporate this workout into your regular weekly trainings for best results, and edit reps if needed.

EXERCISE INSTRUCTIONS

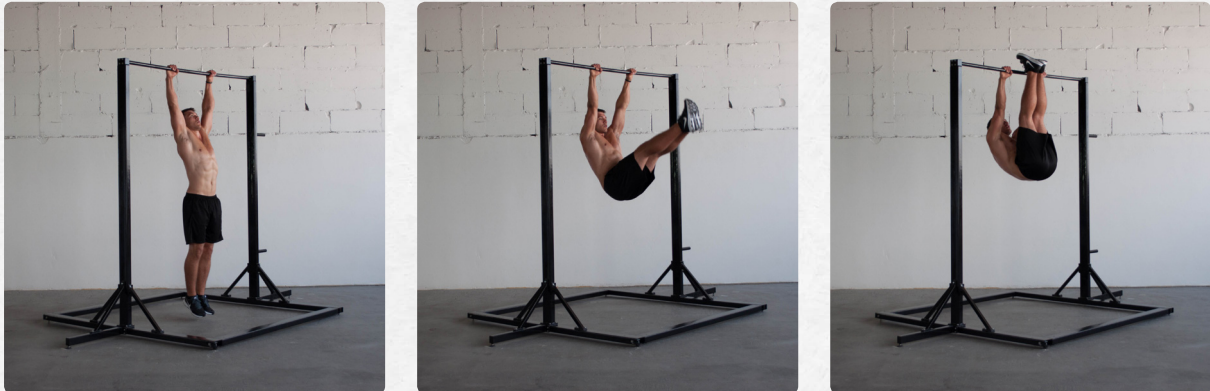
ROCK HARD ABS

SIT UPS



- » Lie down on your back, bend your knees and keep your feet on the floor.
- » Brace your core and then raise your core and upper body towards your knees.
- » Keep your chin a tennis ball distance away from your chest, don't pull your head forward with your arms.
- » Roll back down with your abs engaged.

LEG RAISES TO THE BAR



- » Grip the pull up bar with your hand a little wider than the shoulder-width apart.
- » While you're hanging from the bar strike your chest out, keep your legs straight and engaged and point your toes. This is your starting position.
- » Brace your core, keep your legs tight and engaged.
- » Lift your legs up until they reach the bar. Keep them in a vertical position and straight without bending the knees. It is also important that you don't bend your elbows.
- » Slowly lower your legs down to the starting position with your core engaged.
- » Repeat

TOE TOUCH CRUNCHES



- » Lie down on your back, place your arms like the first photo suggests.
- » If you feel a gap between your lower back and the floor, contract your core to remove that gap. Brace your core and keep your legs tight and engaged.
- » Lift your legs to a 90° angle, keep them straight without bending the knees, and also lift your arms straight up until your fingertips touch the toes.
- » Repeat.

PLANK



- » Start off on your elbows - keep them directly under your shoulders.
- » Keep your head, neck and spine in a neutral position with your eyes on the floor in front of you.
- » Keep your legs tight and squeeze your glutes to stabilize your body, don't let your hips sag. Your body should form one straight line from your head to your toes.
- » Hold the position.

KNEE RAISES



- » Grip the pull up bar with your hands, keep them shoulder-width apart.
- » Once you're hanging, keep your legs tight together and slowly start pulling your knees up.
- » Once your knees are up slowly start to lower them back into the straight position.
- » Repeat.

FULTTER CRUNCHES



- » Lie down on your back, place your arms behind the head.
- » If you feel a gap between your lower back and the floor, contract your core to remove that gap. Brace your core and keep your legs tight and engaged.
- » Contract your core and lift your legs about 6 inches (15 cm) off the floor. Also lift your head up while resting your hands on the back of your head, don't pull it forward.
- » Start fluttering your legs by raising one leg up while bringing the other one down to the starting position. Pulse your upper body up and down while raising your legs.

HANGING OBLIQUE RAISES



- » Grip the pull up bar with your hands, keep them shoulder-width apart.
- » Once you're hanging, keep your legs tight together and slowly start pulling your knees up as high as you can to one side.
- » Slowly lower your legs and repeat the on the opposite side.
- » Keep you abs engaged and your movement controlled.

EXERCISE INSTRUCTIONS

READY-SET-WORKOUT!

CLAP PUSH UPS



- » Start off in a push up position with your hands slightly wider than your shoulders.
- » Align your spine by creating a straight line from your head to your feet.
- » Start lowering down by bending your elbows while inhaling.
- » Push yourself off the ground explosively while quickly clapping with your hands.
- » Repeat.

PUSH UPS



- » Start off in a push up position with your hands slightly wider than your shoulders.
- » Align your spine by creating a straight line from your head to your feet.
- » Start lowering down by bending your elbows while inhaling.
- » Push yourself back into the starting position in a controlled manner.
- » Repeat

FAST INCLINE PUSH UPS



- » Start off in a push up position with your hands slightly wider than your shoulders. This is your starting position.
- » Place your hands on a box/bench/chair.
- » Align your spine by creating a straight line from your head to your feet.
- » Start lowering down by bending your elbows while inhaling.
- » Push yourself back into the starting position. Do this movement in a fast and controlled manner.
- » Repeat.

HIGH DECLINE PUSH UPS



- » Start off in a plank position with your hands slightly wider than your shoulders.
- » Place your feet on a box/bench/chair.
- » Align your spine by creating a straight line from your head to your feet.
- » Start lowering down by bending your elbows while inhaling.
- » Push yourself back into the plank position in a controlled manner.

DIPS



- » Start of by holding your body up on the bars with your arms locked above them (one hand on each bar).
- » Start lowering down slowly while inhaling with your elbows close to your body. Lower down until your elbow forms a 90° angle.
- » Start pushing yourself up into the starting position while exhaling.

STRAIGHT BAR DIPS



- » Start of by holding your body up on the bar with your arms locked above them (both hands on one bar).
- » Start lowering down slowly while inhaling with your elbows close to your body. Lower down until your elbow forms a 90° angle.
- » Start pushing yourself up into the starting position while exhaling.

DIAMOND PUSH UPS



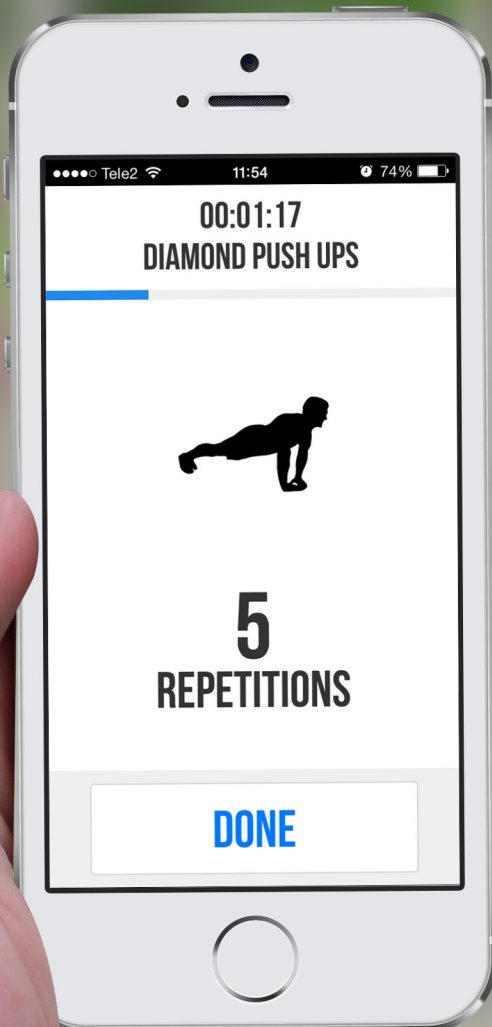
- » Start off in a plank position, place your hands under your chest and form a diamond position by touching your forefingers and thumbs together.
- » Align your spine by creating a straight line from your head to your feet.
- » Start lowering down by bending your elbows while inhaling.
- » Push yourself back into the plank position in a controlled manner.

PUSH UP HOLD

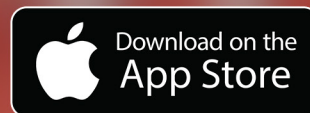


- » Start off in a plank position with your hands extended and slightly wider than your shoulders.
- » Align your spine by creating a straight line from your head to your feet.
- » Start lowering down by bending your elbows while inhaling.
- » Hold the lower position as much as needed.

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Madbarz Workout App



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