

EXTREME WORKOUT PROGRAM BY VADYM OLEJNIK

DAY 1

-1 pull up 1 mu 1 bar dip 2 regular push up 2 diamond push up/1 pull up 1 mu 1 bar dip 2 regular push up 2 diamond push up/2 pull up 2 mu 2 regular dip 4 regular push up 4 diamond push up(two time you did everything,i mean two time 1 two time 2 two time 3 and you go up to 10 pull up 10 mu 10 bar dips 40 regular push up 40 diamond push up and again 10 pull up 10 mu 10 bar dip 40 regular push up 40 diamond push up)

DAY 2

2 pull up 2 mu 2 bar dip 2 regular push up 4/4/4/4 /6/6/6/6 8/8/8/8 10/10/10/10 and down to 2

10 front lever raises with close grip (all the grips to 90 degree,after full raises you need to touch the bar with your abs)

10 front lever raises with regular grip

10 front lever raises with wide grip

10 front lever raises with chin close grip

10 front lever raises with regular chin grip

5 times 5 full planche raises

5 times 5 stradle planche raises

DAY 3

5 regular pull up 10 regular ppush up 15 regular dips 20 bar dip 5 mu/10 reg pull up 10 reg push up 15 reg dips 20 bar dips 10 mu/ 15 reg pull up 10 reg push up 15 reg dips 20 bar dips 15

mu/20 reg pull up 10 reg push up 15 reg dips 20 bar dips 20 mu

-100 berpee than 100 pull up than 100 streight leg raises

DAY 4

1 hour of cardio (you can did cardio what doyou like)

-5 time 10 dragon flags

-50 reps of crunches hands and legs going up in the same moment 4 times

-10 jump to 90degree 10 full jumps 10 lunges jumps this 3 exercise you did without rest and repeat 10-20 times

-100 m sprint repeat 5 times with a 1.30 minute rest between

DAY 5

-10 pull up 5 mu 15 bar dip

-5 mu 10 pull up 1 mu 15 bar dips

-1 mu 15 bar dip 10 pull up 5 mu

-5 mu 15 bar dip 10 pull up

-archer pull ups 5 reps per hand without touch the ground 5 times

-jump on the long regular dips to the front than comeback 2 times without rest and touching the ground

-hight pull 5 as hight as you can with close grip 3 times,tham middle grip and wide

-one arm pull up (5 rep per hand with a rubber securation,5 rep per hand you doing normal pull up than with one hand slowly try to go down) repeat all this 2 times)
-Explosive regular dips(Slowly go down than stop and going up as fast as you can 10 reps 3 times)

DAY 6

Spartans workout

5 pull up with a reg grip than 5 push with a reg grip 50 times without any rest

5 reg dips than 5 bar dips 50 times

-50 times 5 mu

DAY 7

Weight session

To increase your strenght up

5 pull up 16 kg/5pull up 20 kg/5 pull up 24/5 pull up 28/ 5 pull up 32/ 1 pull up 40/1-50/1-60/and go up as much as you can > the same thing with regular dips

-5 pull up 5 mu 5 pull 5 mu 10 bar dip 5 pull 5 sec hold on each position than 30 push (repeat this 4 time,on the end you did always 30 push up)