

Vadym Oleynik intensity workout

Day 1

- 5 close pull up,5 normal pull up,5 wide pull up,5 close chin pull up,5 normal chin pull up(you can do it without rest)
- 15 diamond push up,15 normal push up,15 wide (than 10/10/10/5/5/5)
- 20 normal pull up than one muscle up, 20 dip bar and 20 normal push up
- (15/15/15/10/10/10/5/5/5)

- 5 second hang hold one normal pull up 10 second 2 pull up/15 second 3 pull up/20 second 4 pull up/25 second 5 pull up/30 second 6 pull up
- On the dip bar (5 second straight arm hold 1 dip/10 sec 2 dip/15 sec 3 dip/20 sec 4 dip/25 sec 5 dip/30 sec 6 dip/35 sec 7 dip/40 sec 8 dip)
- 5 normal push than 10 sec hold elbow on 90 degree /5 push 10 sec hold/5 push 10 sec hold/5 push up 10 sec hold

Day 2

- 4 pull up one muscle up 10 bar dip, 3 pull 2 muscle up, 2 pull 3 muscle up, 1 pull 4 muscle up, 30 normal push up
- 4 muscle up 1 pull up,3 muscle up 2 pull up,2 muscle up 3 pull up,1 muscle up 10 bar dip 4 pull up,30 dip on parallel bar

2 times first routine, 2 times second routine

Day 3

- 10 normal pull up 20 normal push up (than rest 1 minute) do it 10 times together it will be (100 pull up, 200 push up)
- 10 dips on parallel bar 3 normal muscle ups rest 45 second 10 times
- 5 L-sit pull up with close grip high pull up/5 chin high pull up with the close grip (4 times normal close grip, and 4 times chin close grip)
- Burpees normal push with jumping and claps "You have 10 minutes doing your max without rest"

Day 4 - Work with weight

You can choice the weight what you prefer

12-14-16-20-24-28-32 or more

- 10 pull up with regular grip 20 regular dips (5-10 circles)
- Weight MU

Choice the weight with what you can do 5 MU and try to do 5 or 10 circles

Day 5 - Fat burning routines

- 1 push up 1 pull up 1 leg raises (30 times)
 - 1 minute normal jumps on the jumping rope, 1 minute speed 1 minute doubles Jump (together 5 minute normal, 5 minutes speed 5 minutes doubles)
 - Sprint running
 - 100 meters 45 second rest try that 5 times
 - 50 burpees normal push up with jump and claps
- (Everything without rest) 3 cycles

Day 6 - Hard routine

Seven Dead circles

- 1^o cycle - 3 normal pull up 3 dips on parallel bars 1 muscle up
 - 2^o cycle - 4 pull up 4 dips 2 muscle up
 - 3^o cycle - 5 pull up 5 dips 3 muscle up
 - 4^o cycle - 10 pull up 10 dips 5 muscle up
 - 5^o cycle - 15 pull up 15 dips 5 muscle up
 - 6^o cycle - 60 normal push up
 - 7^o cycle - 10 muscle up
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- 1 normal pull up 2 normal push up, 1 muscle up 4 normal push up/2 pull up, 6 push up, 2 muscle up, 8 push up (last reps 10 pull up, 38 push up, 10 muscle up 40 push up)

Day 7

Cardio and stretching

Jumping rope

Swimming

Sauna

Massage