

Workout Guide

**BARSTARZZ**

**BTX**



**LEVEL 2**

**PULL UP  
OR SHUT UP.**

# CONTENTS

PRODUCT DISCLAIMER

WHAT IS BARSTARZZ BTX?

FIRST INSTRUCTIONS

BTX COMMUNITY

WARM-UPS & STRETCHES

WORKOUTS WEEK 1 - 4

# PRODUCT DISCLAIMER

The BarStarzz BTX program and this PDF were created by BarStarzz and Passion.io. The information inside is designed to help individuals improve their personal health and fitness. It is not specifically tailored to people who suffer from injuries, health problems or other problems that could be aggravated from practicing calisthenics. If you are a person with such problems, please consult a physician or similar health professional before proceeding with the exercises included in the BarStarzz BTX program.

This program and any contents regarding general health improvement are not intended to be a substitute for professional medical advice, diagnosis or treatment. Readers should not exclusively rely on information provided for their own health, as they serve only as guidelines, which are aimed at a broad-spectrum audience. Neither BarStarzz or Passion.io nor their affiliates, licensors, suppliers or distributors will be held reliable for indirect, incidental, special, consequential, or exemplary damages, resulting from the use of the information or services provided.

The information and materials provided in this PDF and on the BarStarzz BTX platform come from a variety of sources, including the professional experiences of BarStarzz, the Passion.io team as well as other fitness trainers who have given permission for use of their material. Accordingly the information in this program is copyright, 2016 © Passion.io and no part of it may in any form by electronic, mechanical, photocopying, recording, or any other means be reproduced, stored in a retrieval system or be broadcast, sold or transmitted without the prior permission of the publisher, Passion.io.

# WHAT IS BARSTARZZ BTX?

Barstarzz BTX is a full body transformation program created by BarStarzz, one of the largest calisthenics movements on the planet.

The core of this program is a set of predefined high-intensity workouts combined with dedicated skill training sessions. With this you will build strength and learn the techniques for the most advanced calisthenics moves. Also your body will become shaped and well defined, while fat is being reduced.



# FIRST INSTRUCTIONS

For the next 4 weeks you will have 4 - 5 workouts per week (each approx. 25 - 45 mins). You can do them whenever they fit into your schedule; just make sure to complete them all in the week you are supposed to. It's important that you keep up the pace. Don't skip workouts or move them to the next week!

You don't have any excuses not to train! You can do it anywhere as long as you have a steady pull-up bar around you. No matter if it is the gym, your home or the park. Put on your favorite music every time you train, as this will keep you motivated!

If you ever feel pain after the workout, don't just ignore it! In general there are 2 different types of pain:

1. If you feel pain due to **post-workout muscle soreness** you should rest for one or two days and let the soreness pass. Don't just keep training through the pain! It is caused by micro tears in your muscles and they need time to heal. However, this does not mean that you cannot do anything. A well-balanced training program should also include cardio training. So whenever you need rest from muscle soreness, just make sure to train different muscle areas or do a rest or cardio day (e.g. low intensity run or cycling) instead of the high intensity workout routine.
2. If you feel **sharp pain in your joints or bones** you should definitely consider this pain a warning from your body. It could either mean that you are not performing the exercise correctly (e.g. knees often hurt for people who do squats the wrong way), or it could mean that you have certain body parts that need more attention than others. If you are insecure how to get going, rather skip an exercise and consult a physician when you feel this type of pain.

# BTX COMMUNITY

BarStarzz BTX is a community of likeminded people who support and motivate each other. We will push you harder than you have ever been pushed before!

Make use of that! Engage in the BTX community as much as you can - on Instagram, Facebook and in the offline world.

Also, there are challenges as milestones within the program. Make sure to complete them and upload them with the proper hashtag in order to level up.

We've created a secret Facebook group which only BTX members have access to.

Join this group, get motivated by the community and find people in your city to train with. You can always ask questions and post your progress in the group.

Finally, it's important to keep track of your progress, so take photos and videos when working out. Post them with #barstarzzbtx on social media and we will share the most inspiring ones on the BarStarzz channels.  
So let's get started with the first workout!

# WARM-UPS & STRETCHES

Before every workout you should spend 5-10 minutes warming up. This will increase your body temperature and the blood flow to the muscles you will be exercising and reduce the potential for muscle and connective injuries.

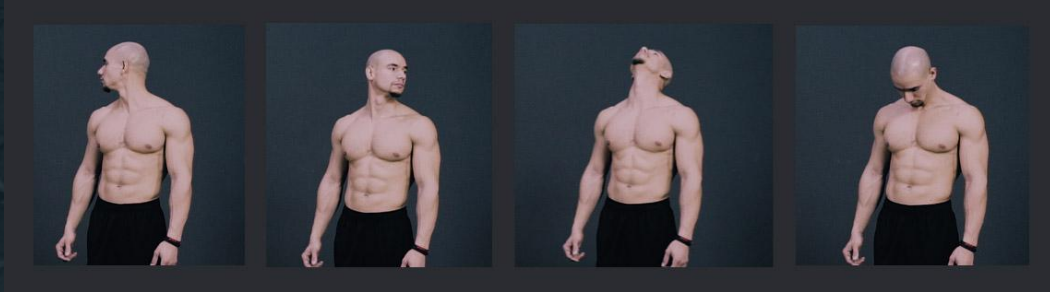
After finishing your workout routine it's very important to spend an additional 5-10 minutes stretching. This helps to reduce muscle soreness and fatigue. Your muscles will recover faster and are primed and pumped up for the next workout



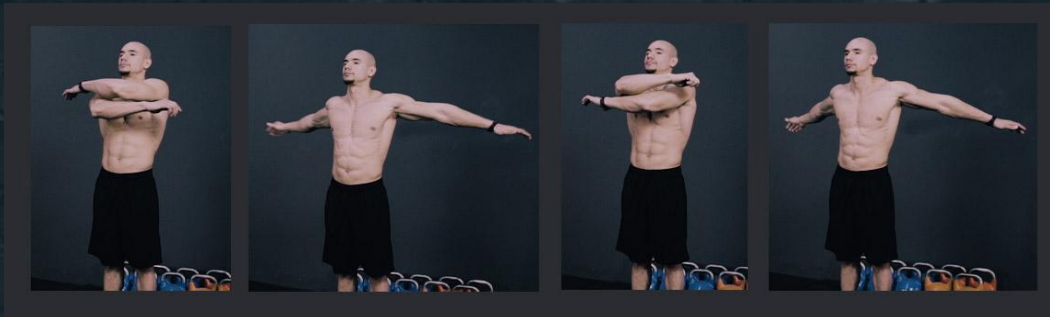


# 1. WARM-UP ROUTINE

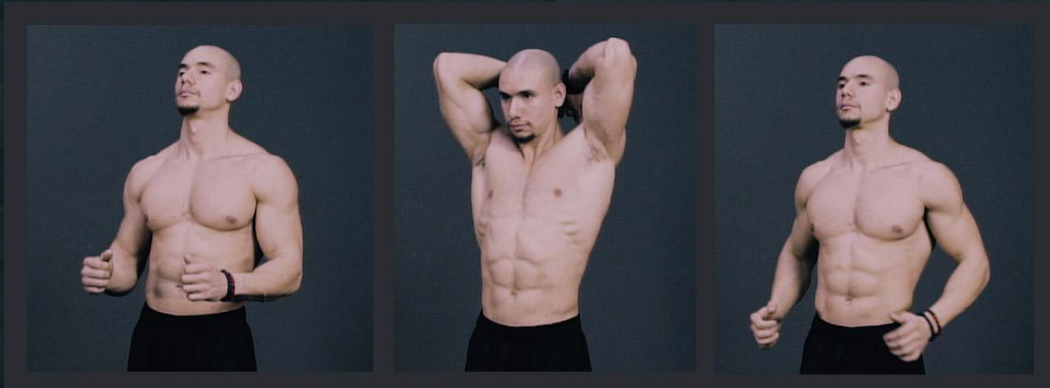
## 1. Neck Turns (90 secs)



## 2. Chest Flys (45 secs)



## 3. Reach Back (45 secs)



# 1. WARM-UP ROUTINE

## 4. Arm Circles (60 secs)



## 5. Cherry Pick-ups (45 secs)



## 6. Jumping Jacks (45 secs)



# 1. WARM-UP ROUTINE

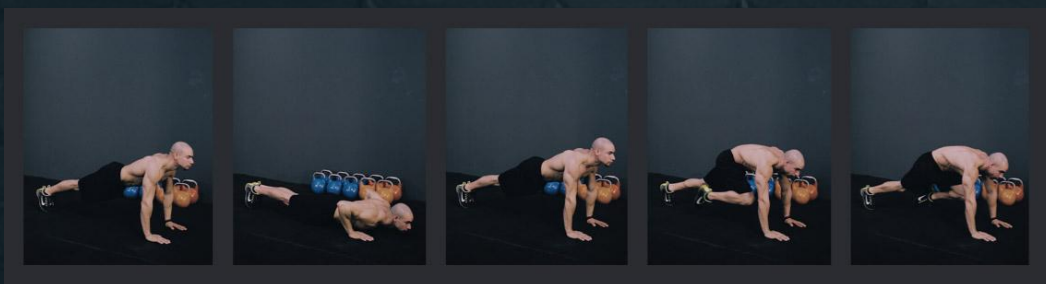
6. Jumping Jacks could also be substituted by:

Burpees  
(60 secs)



OR

Mountain Climber Push-ups  
(1 Push-up & 10 Mountain Climbers – 3 sets)



## 2. STRETCHING EXERCISES

### 1. Biceps & Triceps Stretches (80 secs)



### 2. Wrist Stretches (40 secs)



### 3. Shoulder Stretches (40 secs)

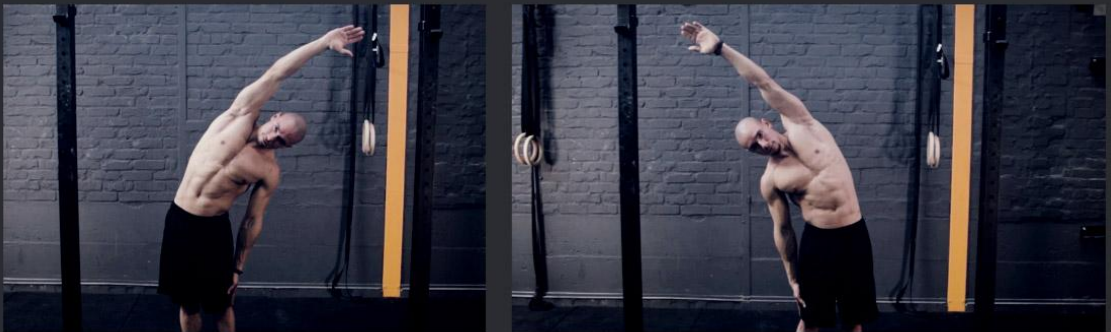


## 2. STRETCHING EXERCISES

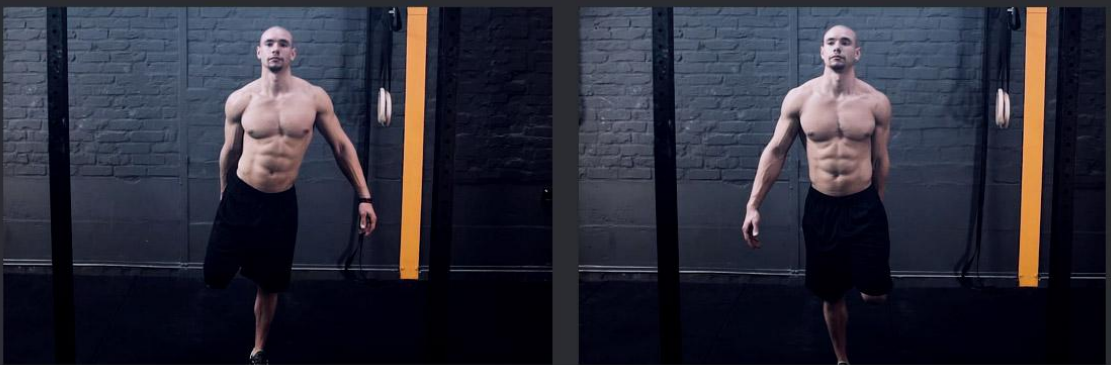
### 4. Feet & Floor Touches (60 secs)



### 5. Trunk Stretches (40 secs)



### 6. Quad Stretches (40 secs)



## 2. STRETCHING EXERCISES

### 7. Lat Stretches (20 secs)



### 8. Lean Back (20 secs)



### 9. Forward Reach (60 secs)

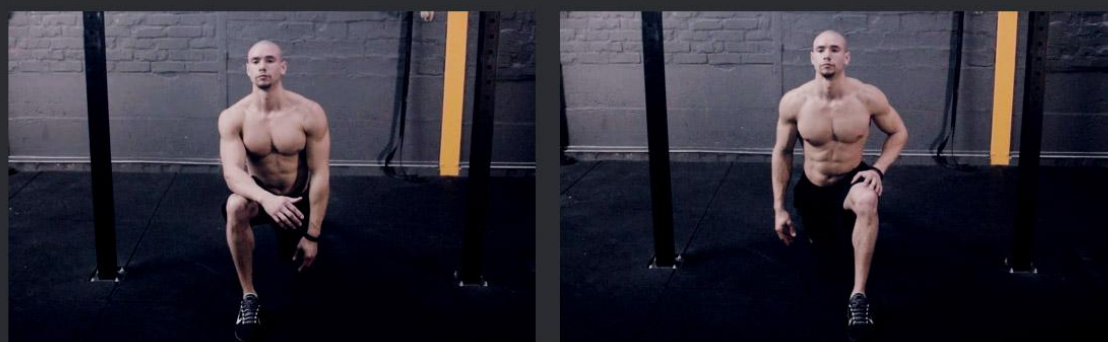


## 2. STRETCHING EXERCISES

### 10. Neck Stretches (40 secs)



### 11. Lunge Stretches (40 secs)



### 12. Glute & Hamstring Stretches (60 secs)



# WORKOUTS

## LEVEL 2 – WEEK 1-4

This will be the guide for your next month with 4-5 workouts per week. A workout always consists of a warm-up, a skill training session, at least one workout routine and some stretching to cool down.

Make sure to complete all training sessions in a workout right after each other. You can take short breaks of 2-3 minutes in between if needed (e.g. after a skill training and before moving on with the workout routine.)

### **Skill Training Rules:**

All skill training sessions include a detailed explanation of the technique and are then directly followed by a "100 seconds" routine.

This means:

- For repetitive skills (e.g. push-ups) do as many reps of the exercise as possible in the 100 seconds time limit. Record your results and improve next time.
- For holding exercises (e.g. plank, squat sit, planche progressions etc.) hold the exercise for a minimum of 100 seconds and then keep holding as long as you can. Record your time - goal is to achieve a higher number every time you train the skill.

You can allocate your workouts and rest days how you see them fit. For a well-balanced training routine we also suggest to add **2-3 low intensity cardio sessions per week** in addition to the BTX program. This could be jogging, cycling, swimming or any other sport that does not go too heavy on your muscles. It is recommended to spend 30-45 minutes for each of the cardio sessions without breaks.



**WEEK 1**

**HANDS ON THE BARZZ**

# WORKOUT

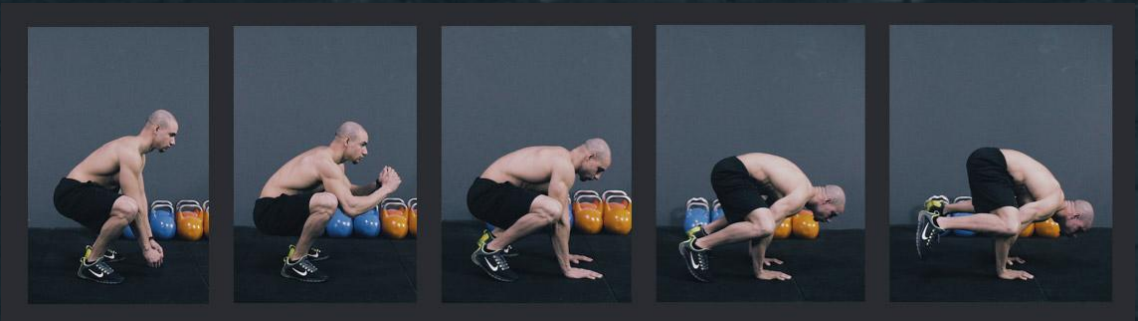
# 1

## SKILL TRAINING:

# FROG STAND

## - PLANCHE PROGRESSION #1 -

Have a go at the frog stand. This is the first progression to a stable planche!



Hold the frog stand for as long as you can. Keep going back into the move and practice it for min. **100 seconds**. Write down how long you could stay in the position with good form.

# WORKOUT

# 1

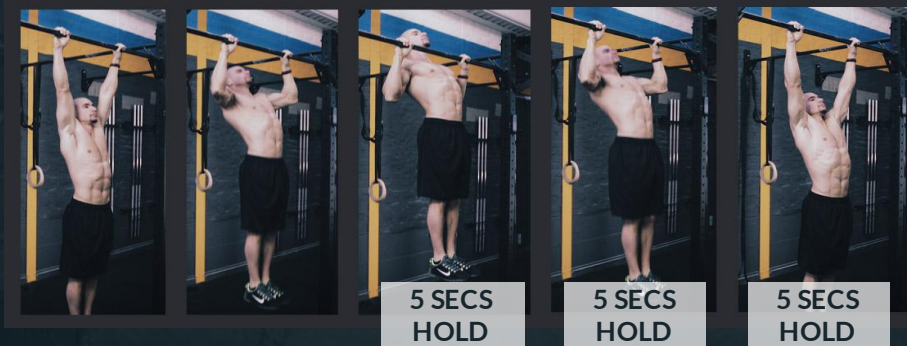
## WORKOUT ROUTINE: PULL-UP & PUSH-UP MIXER

↻ Maximum no. of Sets with 1min break in between,  
add 1 pull-up rep each set

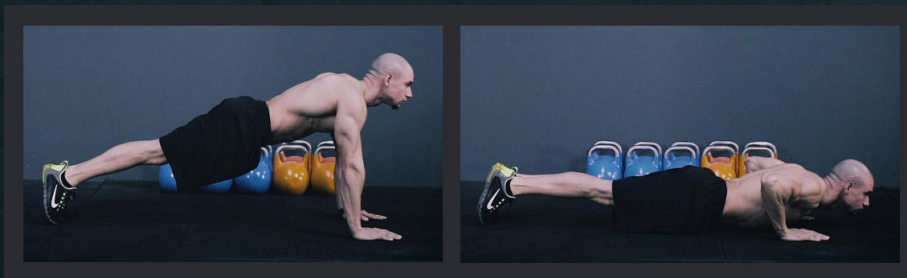
### 1. Pull-ups or Negative Chin-ups (1 rep)



### 2. Pull-up hold (1 rep)



### 3. Push-ups (10 reps)



1 MIN BREAK

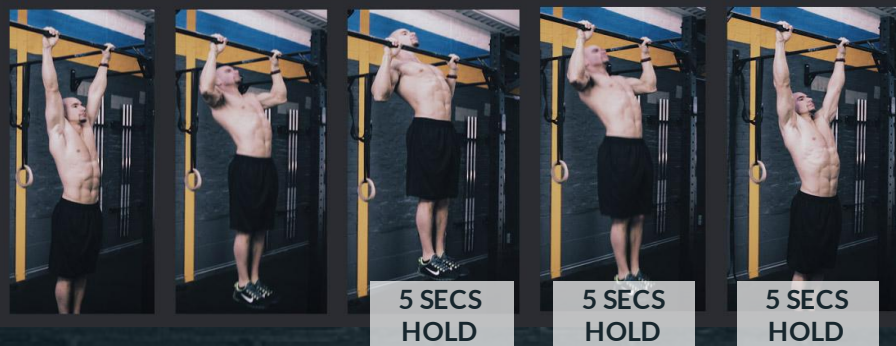
# WORKOUT

# 1

## 1. Pull-ups or Negative Chin-ups (2 reps)



## 2. Pull-up hold (1 rep)



## 3. Push-ups (10 reps)



Keep going up like this (adding one pull-up rep each time) until you can't do any more sets. For example:

Set 3: 3 pull-ups, 10 push-ups

Set 4: 4 pull-ups, 10 push-ups

... and so on.

Write down how many sets you could do.

# WORKOUT

# 1

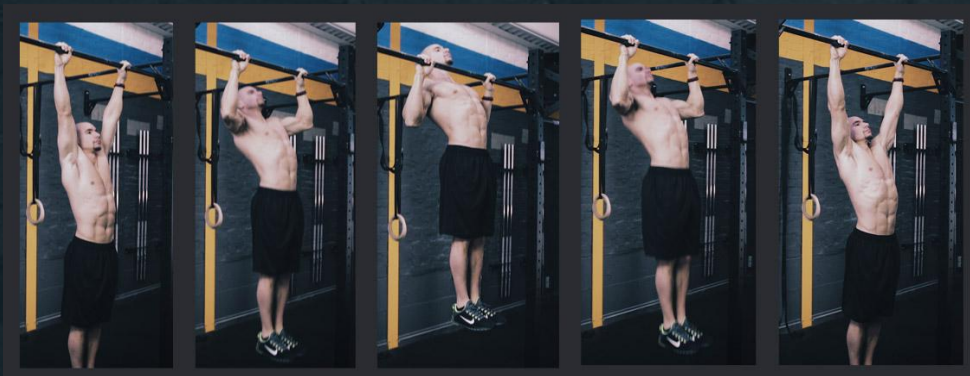
## OPTIONAL: UPPER BODY BOOST

🔄 2 Sets with 30 secs break in between

### 1. Diamond Push-ups (60 secs)



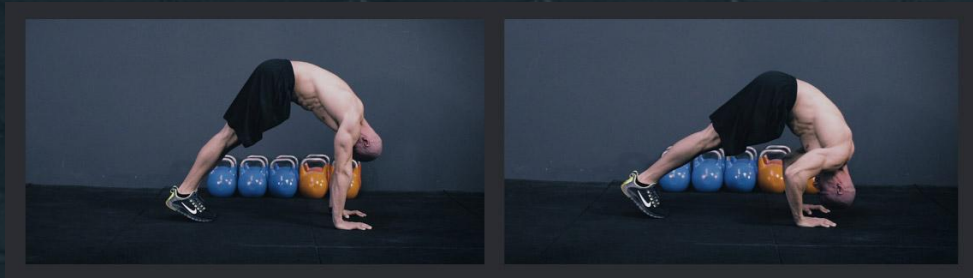
### 2. Pull-ups (60 secs)



# WORKOUT

# 1

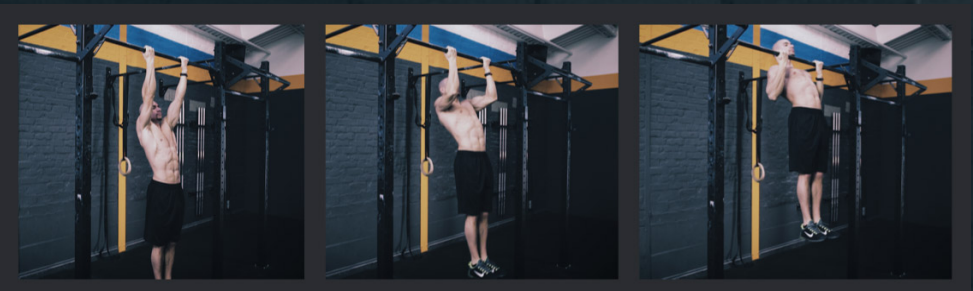
### 3. Pike Push-ups (60 secs)



### 4. Knee Raises (60 secs)



### 5. Chin-ups (60 secs)



## SKILL TRAINING: SQUAT CALF RAISES

Today we will teach you squat calf raises.

NOTE: your knees should never go past your toes!

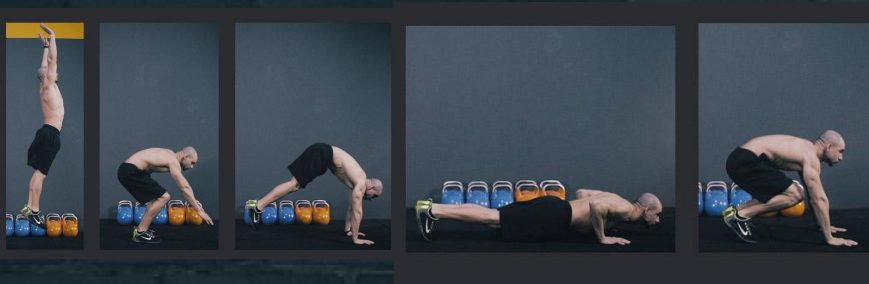


Do as many as you can for **100 seconds** and write down how many reps you could do.

## WORKOUT ROUTINE 1: ROME

↻ 3 Sets with 1 min break in between  
Reps reducing by 5 for each set

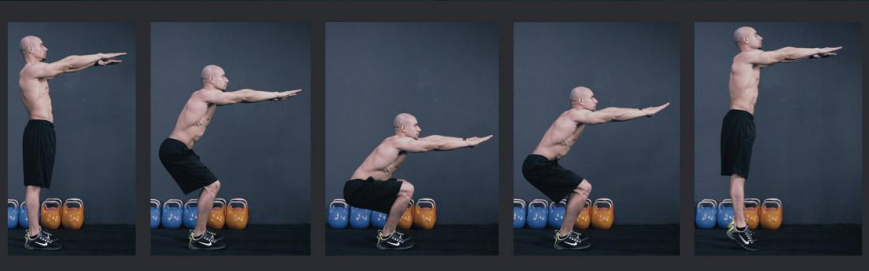
### 1. Burpees (20 reps)



### 2. Push-ups (20 reps)



### 3. Squat Calf Raises (20 reps)



**Set 2:** 15 Burpees, 15 Push-ups, 15 Squat Calf Raises

**Set 3:** 10 Burpees, 10 Push-ups, 10 Squat Calf Raises



## WORKOUT ROUTINE 2: PINEHURST

🔄 10 Sets without breaks, add 1 rep/sec each time

### 1. Push-ups (1 rep)



### 2. Plank (1 sec)



Continue with 1 extra push-up and 1 extra second in plank position all the way up to 10.

For example:

Set 2: 2 push-ups, plank for 2 secs

Set 3: 3 push-ups, plank for 3 secs

Set 4: 4 push-ups, plank for 4 secs

...

Set 10: 10 push-ups, plank for 10 secs

WORKOUT

3

## SKILL TRAINING: PLANK

This is what a proper plank should look like:



Hold for min. **100 seconds** and keep holding for as long as you can. Write down how long you could stay in the position with good form.

# WORKOUT

# 3

## WORKOUT ROUTINE: VERMILYA

🔄 4 Sets with 1 min break in between

### 1. Push-ups (20 reps)



### 2. Plank (60 secs)



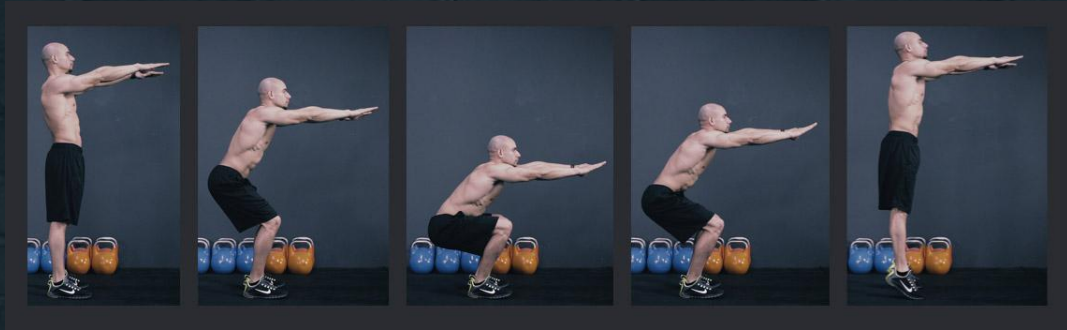
### 3. Slide Plank - Both Sides (30 secs each side)



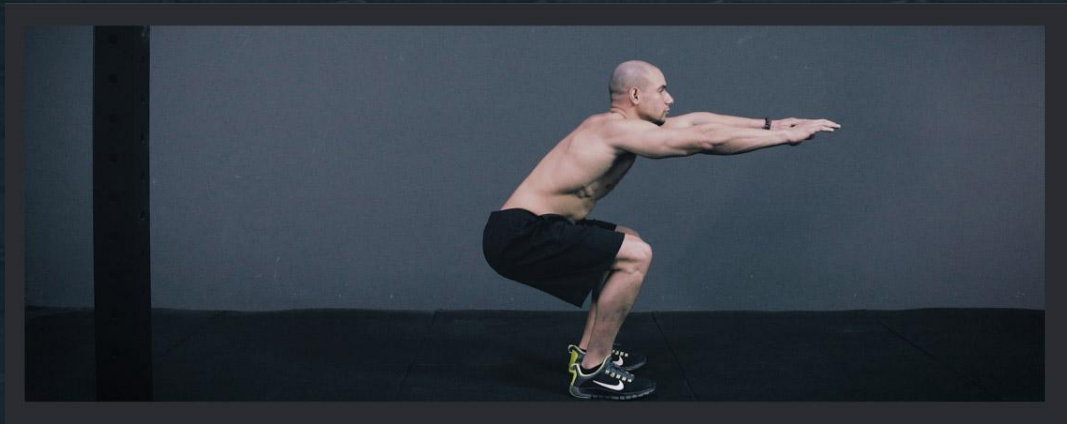
# WORKOUT

## 3

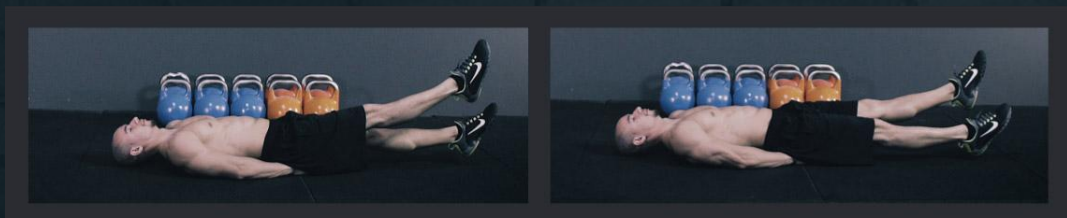
### 4. Squat Calf Raises (30 reps)



### 5. Squat Sit (30 secs)



### 6. Leg Flutters (60 secs)



**OPTIONAL:**

## **PULL-UP PYRAMID**

**1. Pull-ups  
(1 rep)**



**10 SECS BREAK**

**2. Pull-ups  
(2 reps)**



Keep going up and add 1 extra pull-up to every set until you reach 5. Then go backwards until you do 1 pull-up. Take a 10-second break after every pull-up set.

For example:

Set 4: 4 pull-ups, 10 secs break

Set 5: 5 pull-ups, 10 secs break

Set 6: 4 pull-ups, 10 secs break

Set 7: 3 pull-ups, 10 secs break

... and so on.

## SKILL TRAINING: DIAMOND PUSH-UP

Let's practice another push-up variation today! This is how your diamond push-up should look:



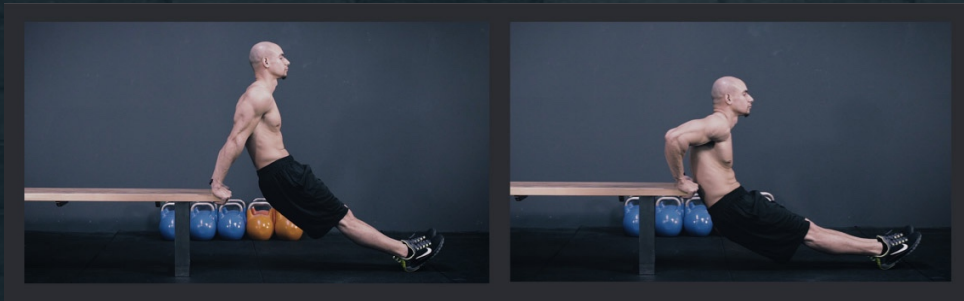
Do as many as you can for **100 seconds** and write down how many reps you could do.

## WORKOUT ROUTINE 1:

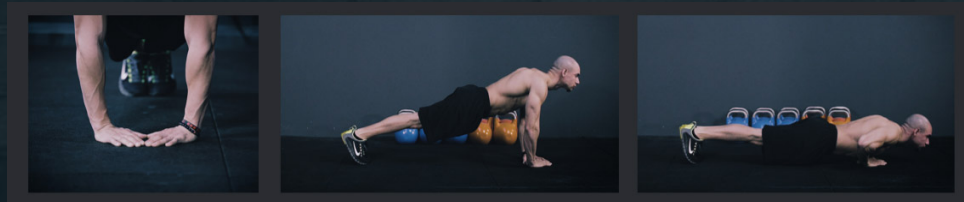
# FORT WASHINGTON

🔄 4 Sets with 1 min break in between

### 1. Tricep Dips (20 reps)



### 2. Diamond Push-ups (20 reps)



# WORKOUT ROUTINE 2: GIZA

🔄 3 Sets with 1 min break in between

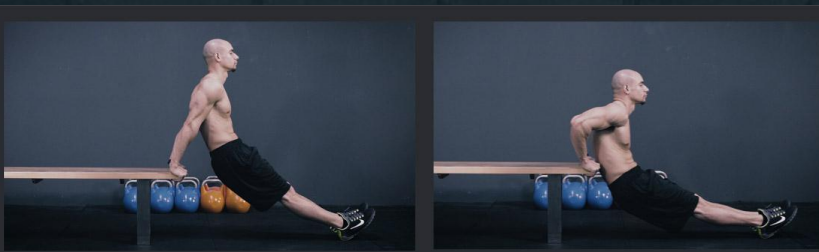
## 1. Push-ups (60 secs)



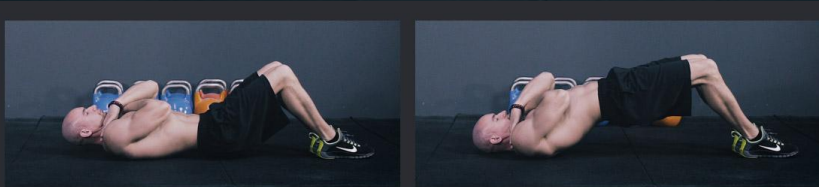
## 2. Plank (60 secs)



## 3. Tricep Dips (60 secs)



## 4. Glute Bridge (60 secs)





# WEEK 2

LEVEL UP YOUR BAR

# WORKOUT

# 1

## SKILL TRAINING:

# PULL-UPS / NEGATIVE CHIN-UPS

Check out how your perfect pull-up technique should look. You can also start with the negative chin-up as an easier version:



## EASIER VERSION:



Do as many as you can for **100 seconds** and write down how many reps you could do.

# WORKOUT

# 1

## WORKOUT ROUTINE 1: PULL-UP PYRAMID

### 1. Pull-ups (1 rep)



10 SECS BREAK

### 2. Pull-ups (2 reps)



Keep going up and add 1 extra pull-up to every set until you reach 5. Then go backwards until you do 1 pull-up. Take a 10-second break after every pull-up set.

For example:

Set 4: 4 pull-ups, 10 secs break

Set 5: 5 pull-ups, 10 secs break

Set 6: 4 pull-ups, 10 secs break

Set 7: 3 pull-ups, 10 secs break

... and so on.

# WORKOUT

# 1

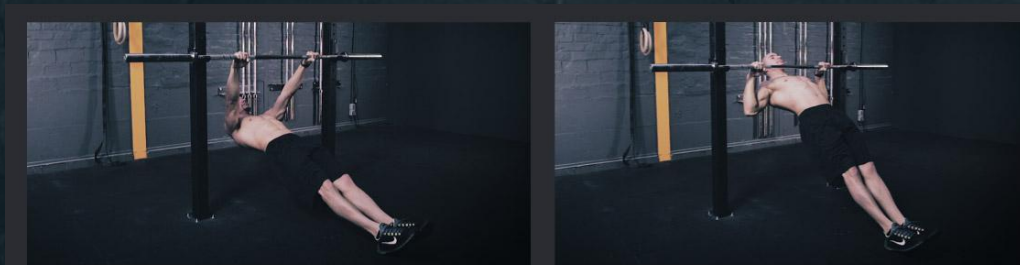
## WORKOUT ROUTINE 2: WASH HEIGHTS WARRIOR

🔄 3 Sets with 1 min break in between

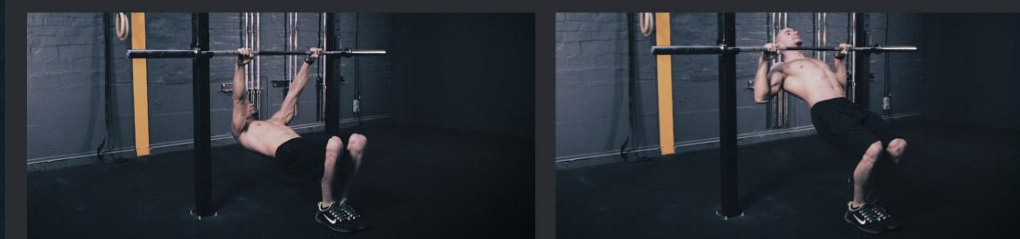
### 1. Squat Jumps (60 secs)



### 2. Bodyweight Rows (60 secs)



### EASIER VERSION:



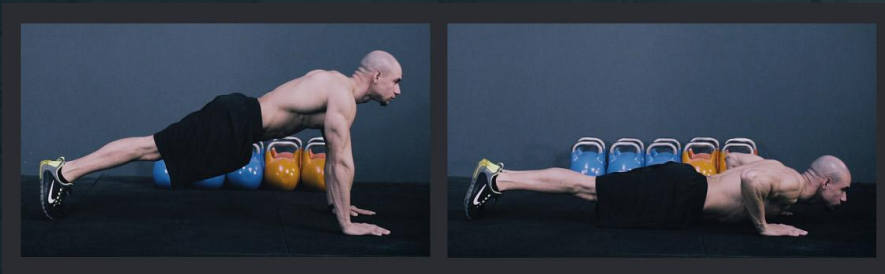
# WORKOUT

# 1

## 3. Jumping Lunges / Forward Lunges (60 secs)



## 4. Push-ups (60 secs)

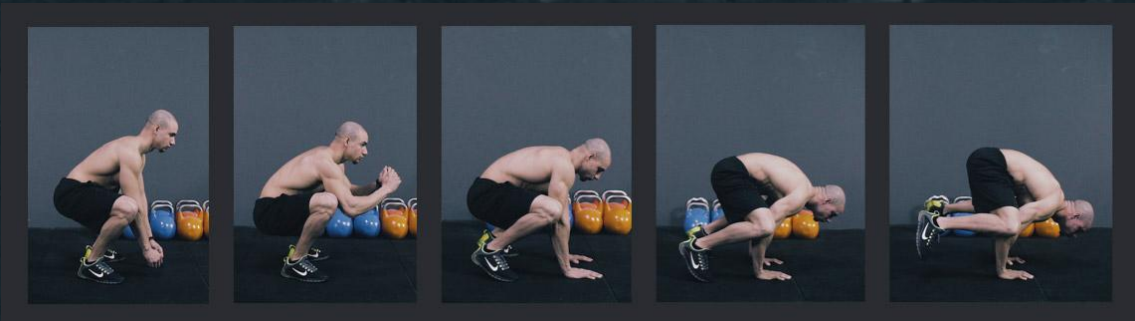


## 5. Burpees (60 secs)



## SKILL TRAINING: FROG STAND - PLANCHE PROGRESSION #1 -

Have a go at the frog stand. This is the first progression to a stable planche!



Hold the frog stand for as long as you can. Keep going back into the move and practice it for min. **100 seconds**. Write down how long you could stay in the position with good form.

# WORKOUT ROUTINE: BROADWAY

🔄 3 Sets with 1 min break in between

## 1. Shoulder Diamonds (100 reps)



## 2. Pull-ups (10 reps)



### EASIER VERSION:



3. Tricep Dips  
(20 reps)



EASIER VERSION:



4. Bodyweight Rows  
(20 reps)



5. Pike Push-ups  
(20 reps)



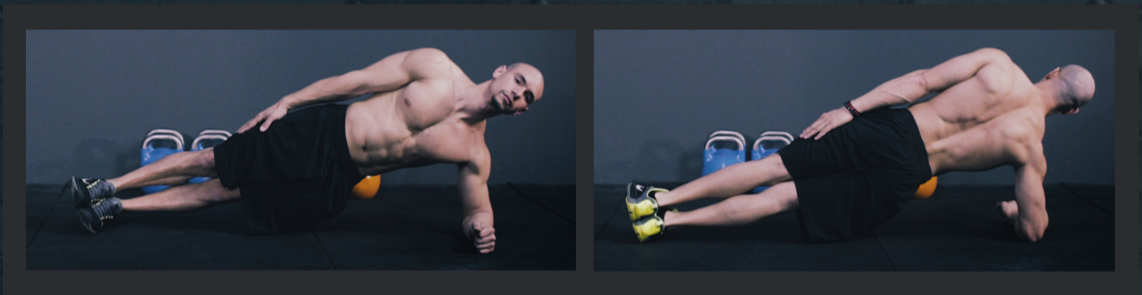


WORKOUT

3

## SKILL TRAINING: SIDE PLANK

Learn how to do a proper side plank today. This is how it should look:



Hold for min. **100 seconds** and keep holding for as long as you can for each side. Write down how long you could stay in the position with good form.

# WORKOUT

# 3

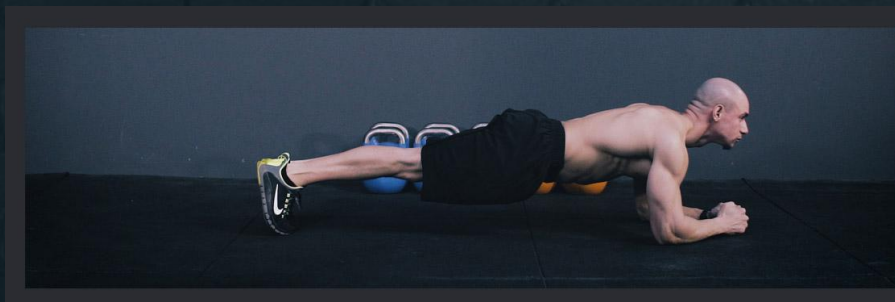
## WORKOUT ROUTINE: AMSTERDAM

🔄 4 Sets with 1 min break in between

### 1. Burpees (30 secs)



### 2. Plank (30 secs)



# WORKOUT

## 3

### 3. Squat Calf Raises (30 secs)



### 4. Push-ups (30 secs)



### 5. Jumping Lunges / Forward Lunges (30 secs)



### 6. Side Plank - Both Sides (30 secs each side)



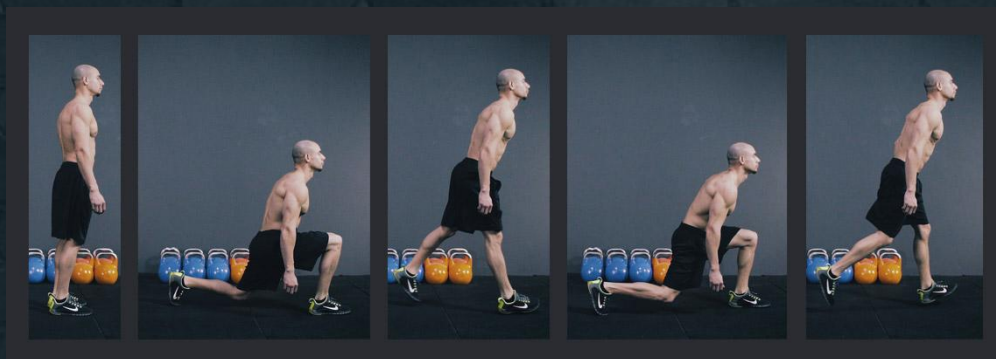
# WORKOUT

# 3

## OPTIONAL: LEGS & CARDIO BOOST

↻ 3 Sets with 30 secs break in between

### 1. Jumping Lunges / Forward Lunges (30 secs)



### 2. Leg Flutters (30 secs)



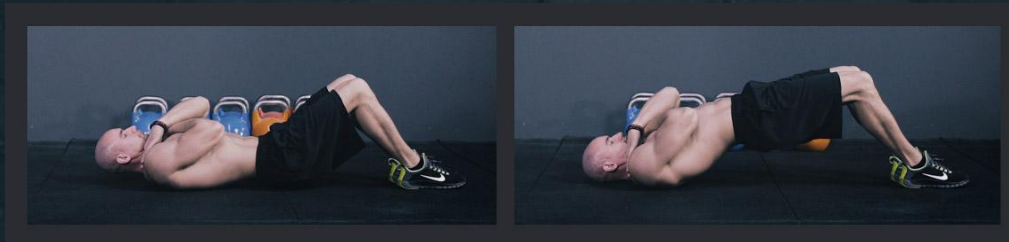
# WORKOUT

# 3

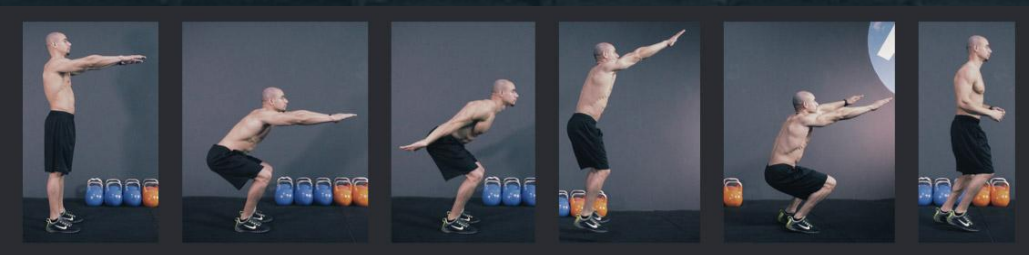
## 3. Squat Sit (30 secs)



## 4. Glute Bridge (30 secs)



## 5. Front Jumps (30 secs)



## SIGNATURE SKILL TRAINING: ARCHER PUSH-UPS

Check out the perfect archer push-up technique. This exercise will bring you one step closer to a one-arm push-up.



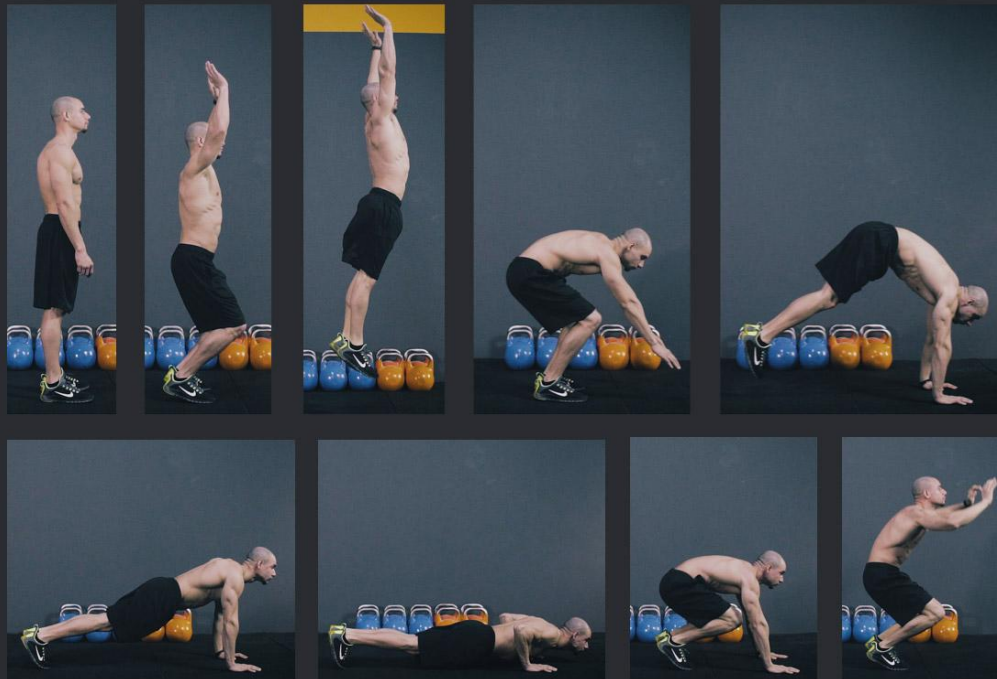
Do as many as you can for **100 seconds** and write down how many reps you could do.

**NOTE:** This is your first BTX signature training! Make sure to train this skill with good form whenever possible. Post your results as photos or videos on Instagram or Facebook with the hashtag #btxarcher!

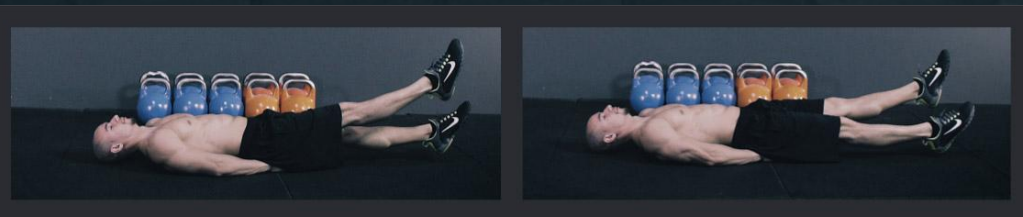
# WORKOUT ROUTINE 1: AUDUBON

↻ 3 Sets with 1 min break in between

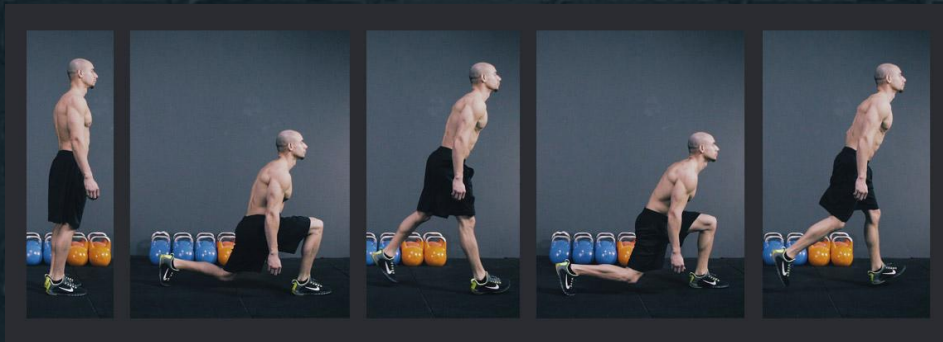
## 1. Burpees (60 secs)



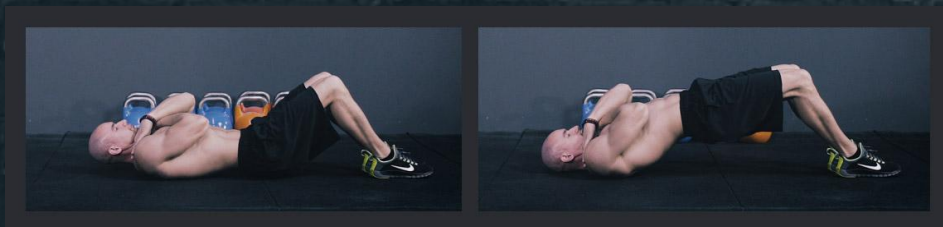
## 2. Leg Flutters (60 secs)



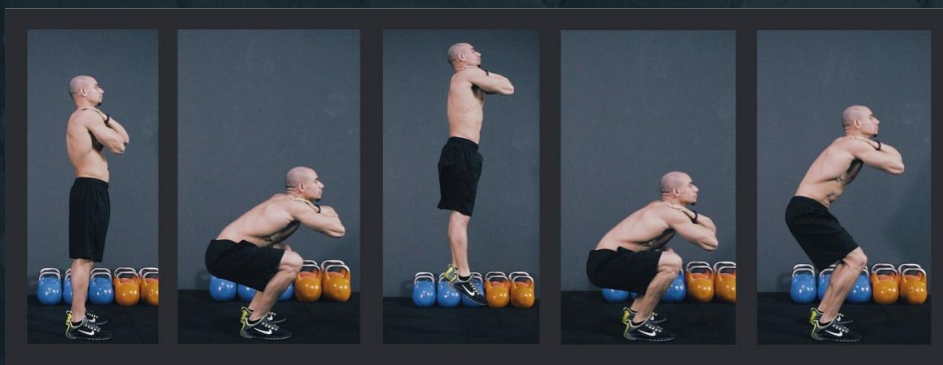
### 3. Jumping Lunges / Forward Lunges (60 secs)



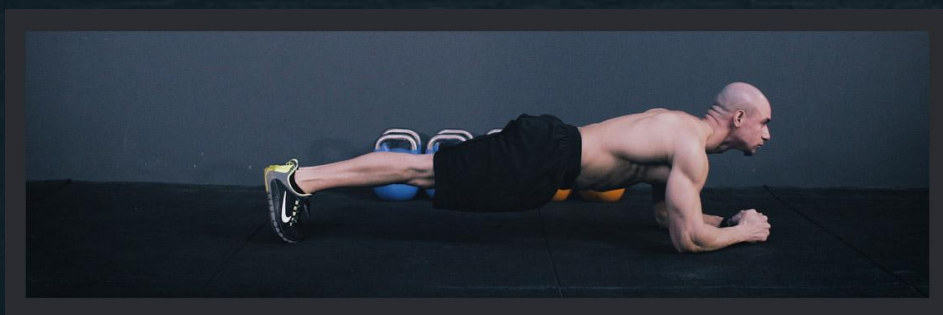
### 4. Glute Bridge (60 secs)



### 5. Squat Jumps (60 secs)



### 6. Plank (60secs)





## WORKOUT ROUTINE 2: LONDON

🔄 3 Sets with 1 min break in between

### 1. L-Sit Kick-Outs (60 secs)



### 2. Knee Raises (60 secs)



### 3. Side Plank - Both Sides (30 secs each side)



# **WEEK 3**

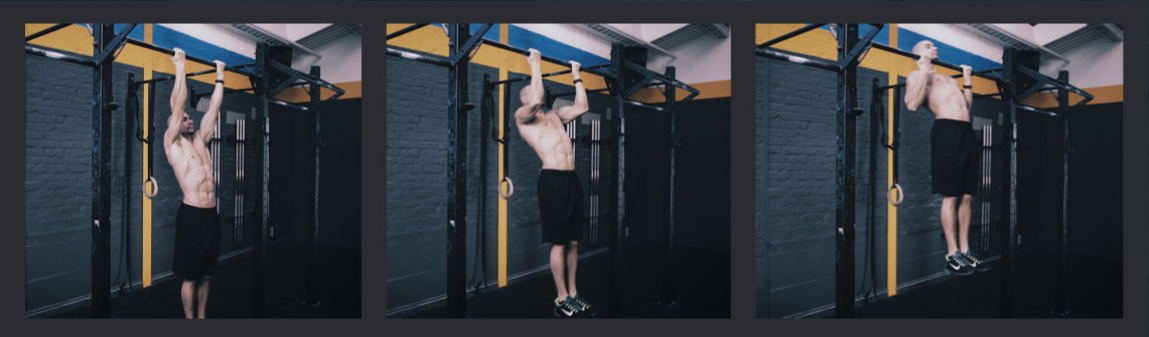
**EARN YOUR BODY**

WORKOUT

1

## SKILL TRAINING: CHIN-UPS

Check out how a chin-up should look and practice the technique:



Do as many as you can for **100 seconds** and write down how many reps you could do.

# WORKOUT

# 1

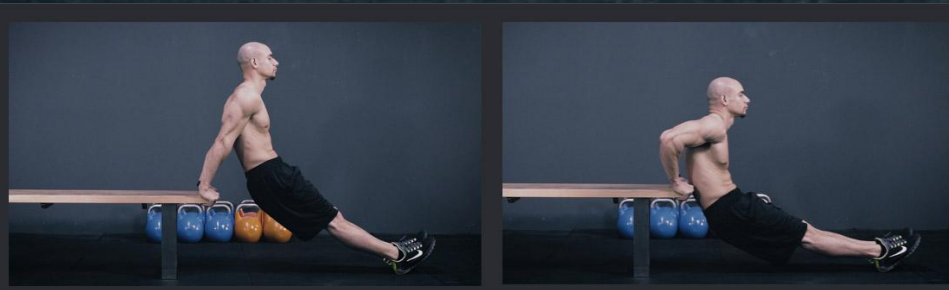
## WORKOUT ROUTINE: AROUND THE BLOCK

🔄 5 Sets with 1 min break in between

1. Pull-ups  
(5 reps)



2. Tricep Dips  
(10 reps)



2. Push-ups  
(10 reps)



# WORKOUT

# 1

OPTIONAL:

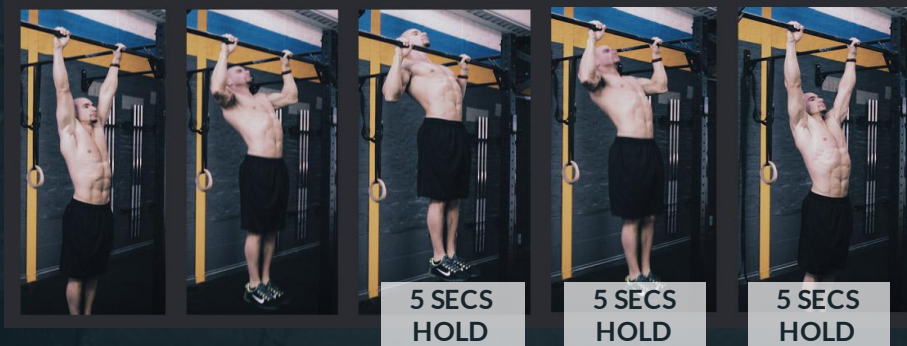
## PULL-UP & PUSH-UP MIXER

↻ Maximum no. of Sets with 1min break in between, add 1 pull-up rep each set

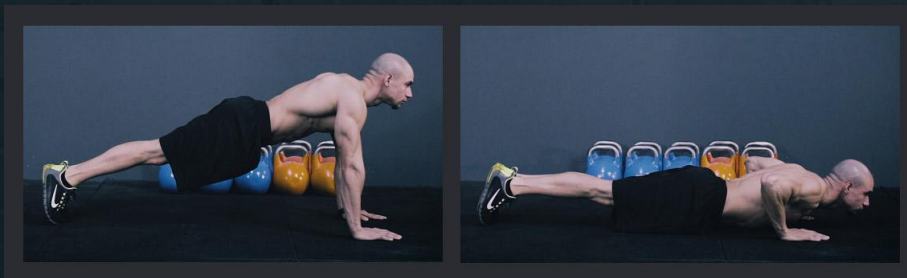
1. Pull-ups or Negative Chin-ups  
(1 rep)



2. Pull-up hold  
(1 rep)



3. Push-ups  
(10 reps)



1 MIN BREAK

# WORKOUT

# 1

## 1. Pull-ups or Negative Chin-ups (2 reps)



## 2. Pull-up hold (1 rep)



## 3. Push-ups (10 reps)



Keep going up like this (adding one pull-up rep each time) until you can't do any more sets. For example:

Set 3: 3 pull-ups, 10 push-ups

Set 4: 4 pull-ups, 10 push-ups

... and so on.

Write down how many sets you could do.

## SKILL TRAINING: HANDSTAND KICK-UP

Try your first handstand kick-up against a wall:

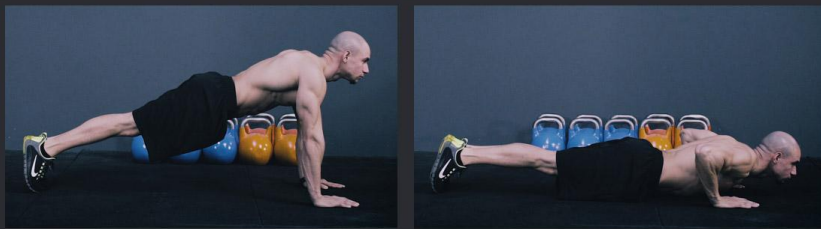


Hold it for as long as you can. If you have to come back down, keep going back into the handstand and practice it for min. **100 seconds**. Write down how long you could stay in the position with good form.

# WORKOUT ROUTINE 1: PINEHURST

🔄 10 Sets without breaks, add 1 rep/sec each time

## 1. Push-ups (1 rep)



## 2. Plank (1 sec)



Continue with 1 extra push-up and 1 extra second in plank position all the way up to 10.

For example:

Set 2: 2 push-ups, plank for 2 secs

Set 3: 3 push-ups, plank for 3 secs


Set 4: 4 push-ups, plank for 4 secs

...

Set 10: 10 push-ups, plank for 10 secs



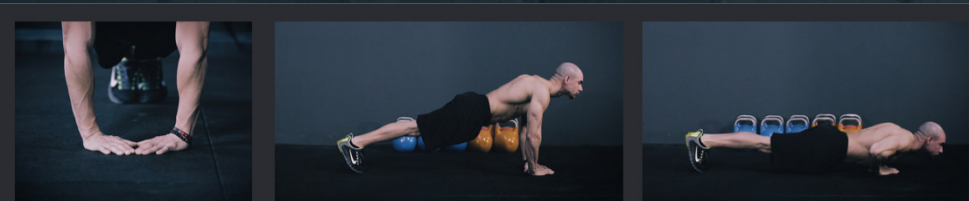
# WORKOUT ROUTINE 2: CABRINI CHEST

 3 Sets with 1 min break in between

## 1. Push-ups (10 reps)



## 2. Diamond Push-ups (10 reps)



## 3. Archer Push-ups (10 reps)



WORKOUT

3

## SKILL TRAINING: BODYWEIGHT ROWS

Today we will teach you how to do bodyweight rows properly:



---

### EASIER VERSION:



Do as many as you can for **100 seconds** and write down how many reps you could do.

# WORKOUT

# 3

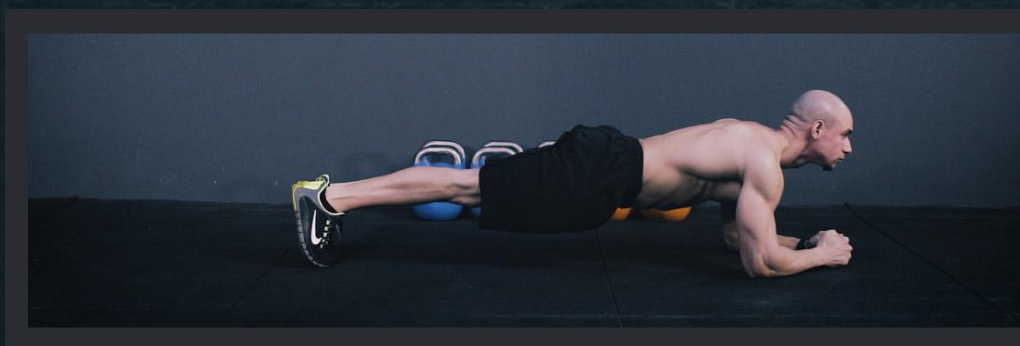
## WORKOUT ROUTINE: AMSTERDAM

🔄 4 Sets with 1 min break in between

### 1. Burpees (30 secs)



### 2. Plank (30 secs)



# WORKOUT

## 3

### 3. Squat Calf Raises (30 secs)



### 4. Push-ups (30 secs)



### 5. Jumping Lunges / Forward Lunges (30 secs)



### 6. Side Plank - Both Sides (30 secs each side)



**WORKOUT**

**3**

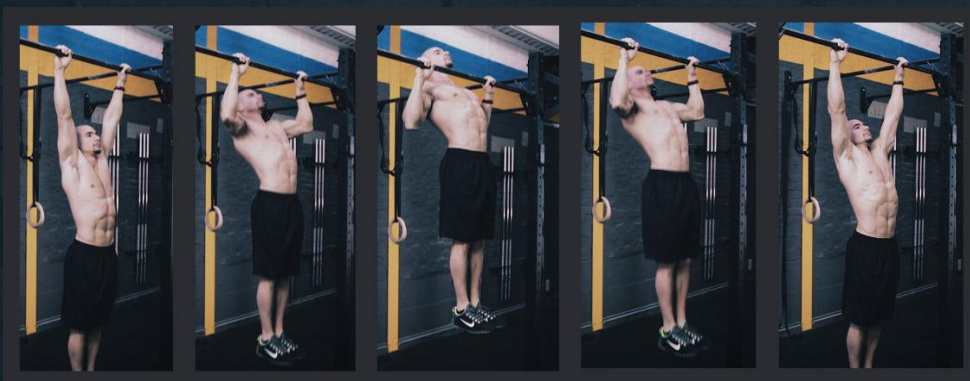
## **OPTIONAL: UPPER BODY BOOST**

 2 Sets with 30 secs break in between

**1. Diamond Push-ups**  
(60 secs)



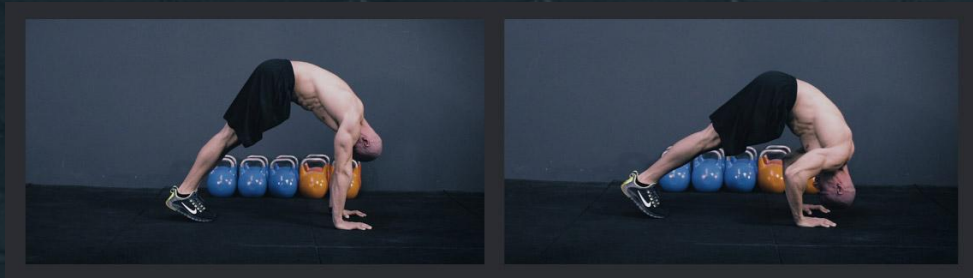
**2. Pull-ups**  
(60 secs)



# WORKOUT

## 3

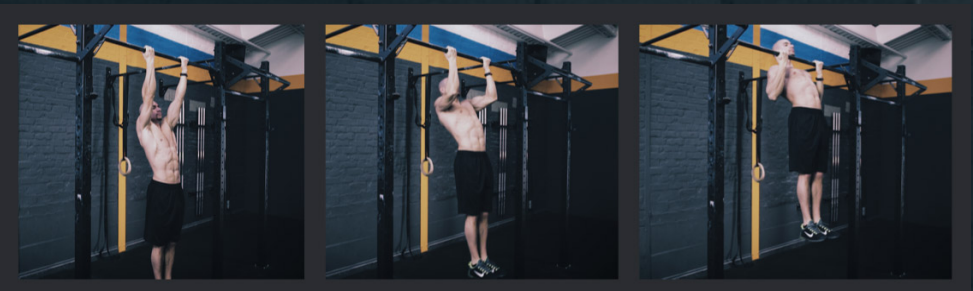
### 3. Pike Push-ups (60 secs)



### 4. Knee Raises (60 secs)

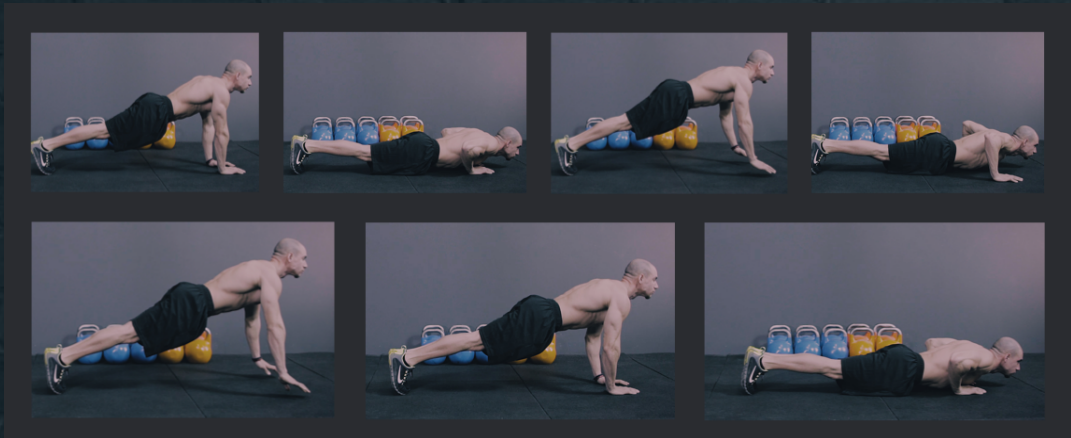


### 5. Chin-ups (60 secs)



## SKILL TRAINING: IN-AND-OUT PUSH-UPS

Today we will practice in-and-out push-ups. They serve as a progression to the superman push-up as well as other explosive push-up variations, like 180 push-up.



Do as many as you can for **100 seconds** and write down how many reps you could do.

# WORKOUT ROUTINE 1: STUMBLING

↻ 3 sets with 1 min break in between

## 1. Jumping Lunges / Forward Lunges (20 reps)



## 2. Squat Calf Raises (15 reps)





### 3. Squat Jumps (10 reps)



### 4. Front Jumps (5 reps)



### 5. Squat Sit (30 secs)



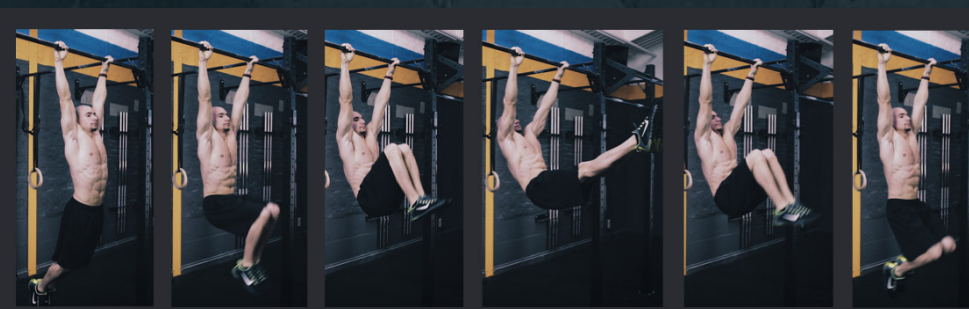
## WORKOUT ROUTINE 2: THE ABINATION

🔄 5 Sets with 1 min break in between

### 1. Leg Raises (15 reps)



### 2. L-Sit Kick-outs (10 reps)



### 3. Knee Raises (25 reps)



**WEEK 4**

**YOU CAN & YOU WILL**

WORKOUT

1

## SKILL TRAINING: HANDSTAND KICK-UP

Try your first handstand kick-up against a wall:



Hold it for as long as you can. If you have to come back down, keep going back into the handstand and practice it for min. **100 seconds**. Write down how long you could stay in the position with good form.

# WORKOUT

# 1

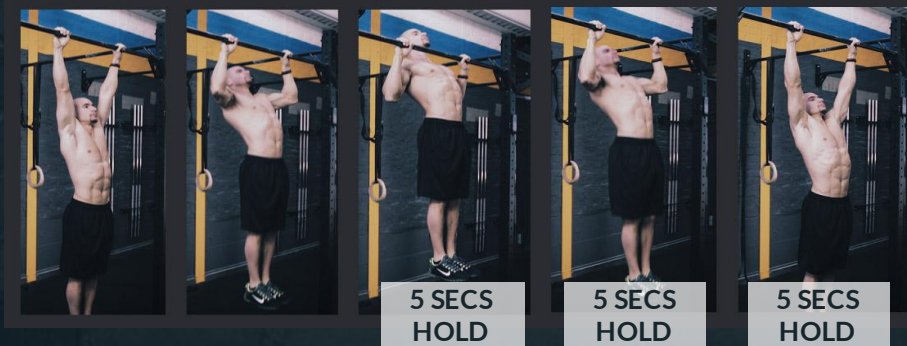
## WORKOUT ROUTINE 1: PULL-UP & PUSH-UP MIXER

↻ Maximum no. of Sets with 1min break in between,  
add 1 pull-up rep each set

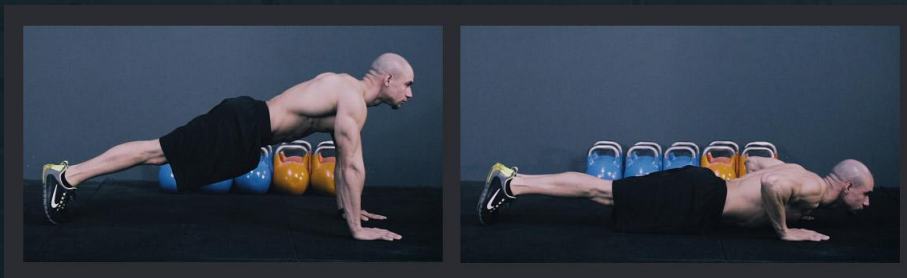
### 1. Pull-ups or Negative Chin-ups (1 rep)



### 2. Pull-up hold (1 rep)



### 3. Push-ups (10 reps)

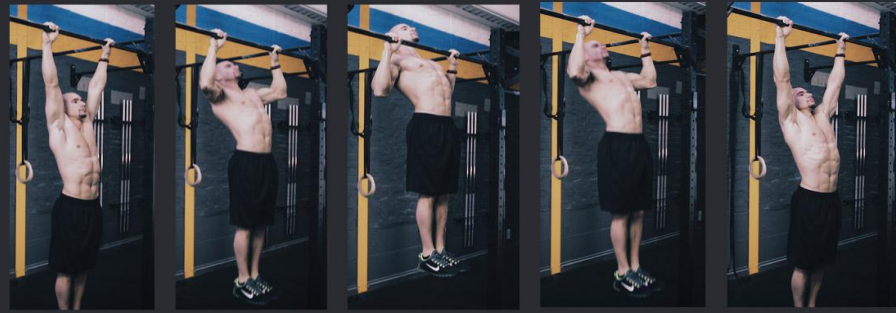


1 MIN BREAK

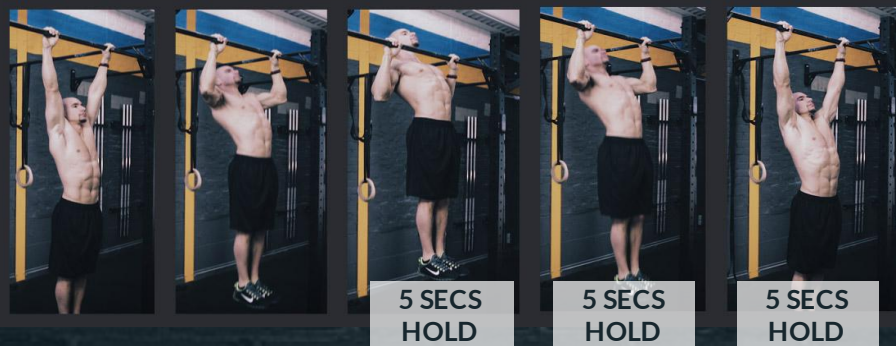
# WORKOUT

# 1

## 1. Pull-ups or Negative Chin-ups (2 reps)



## 2. Pull-up hold (1 rep)



## 3. Push-ups (10 reps)



Keep going up like this (adding one pull-up rep each time) until you can't do any more sets. For example:

Set 3: 3 pull-ups, 10 push-ups

Set 4: 4 pull-ups, 10 push-ups

... and so on.

Write down how many sets you could do.

# WORKOUT

# 1

## WORKOUT ROUTINE 2: PULL-UP PYRAMID

### 1. Pull-ups (1 rep)



10 SEC BREAK

### 2. Pull-ups (2 reps)



Keep going up and add 1 extra pull-up to every set until you reach 5. Then go backwards until you do 1 pull-up. Take a 10-second break after every pull-up set.

For example:

Set 4: 4 pull-ups, 10 secs break

Set 5: 5 pull-ups, 10 secs break

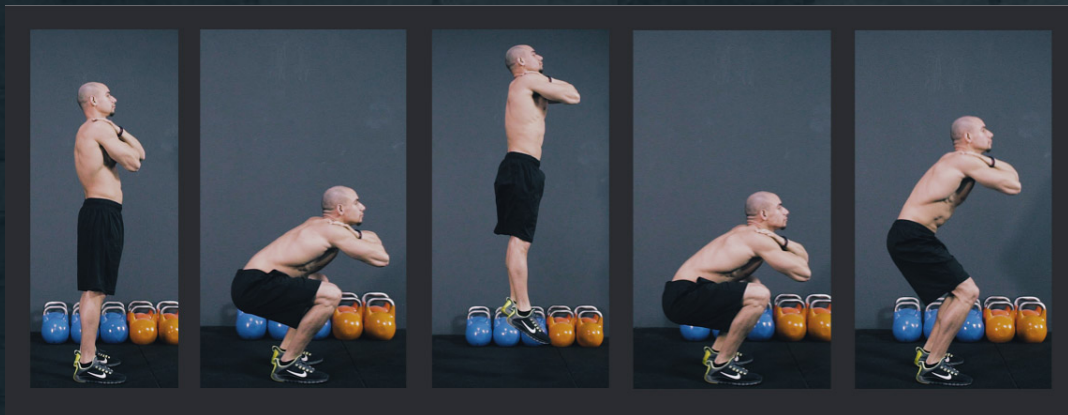
Set 6: 4 pull-ups, 10 secs break

Set 7: 3 pull-ups, 10 secs break

... and so on.

## SKILL TRAINING: SQUAT JUMPS

Check out how a squat jump should look:



Do as many CLEAN squat jumps as you can for **100 seconds** and write down how many reps you could do.



# WORKOUT ROUTINE 1: LONDON

🔄 3 Sets with 1 min break in between

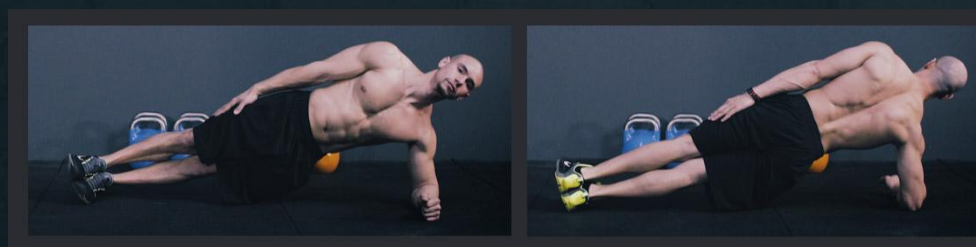
## 1. L-Sit Kick-Outs (60 secs)



## 2. Knee Raises (60 secs)



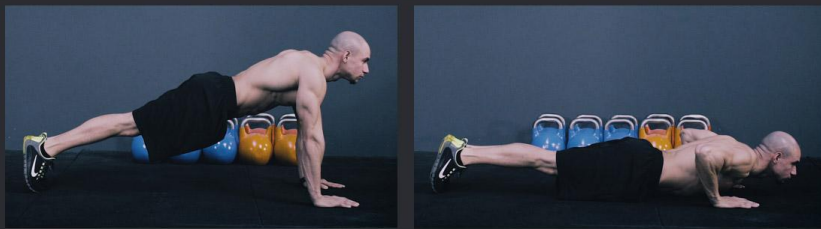
## 3. Side Plank - Both Sides (30 secs each side)



## WORKOUT ROUTINE 2: PINEHURST

🔄 10 Sets without breaks, add 1 rep/sec each time

### 1. Push-ups (1 rep)



### 2. Plank (1 sec)



Continue with 1 extra push-up and 1 extra second in plank position all the way up to 10.

For example:

Set 2: 2 push-ups, plank for 2 secs

Set 3: 3 push-ups, plank for 3 secs

Set 4: 4 push-ups, plank for 4 secs

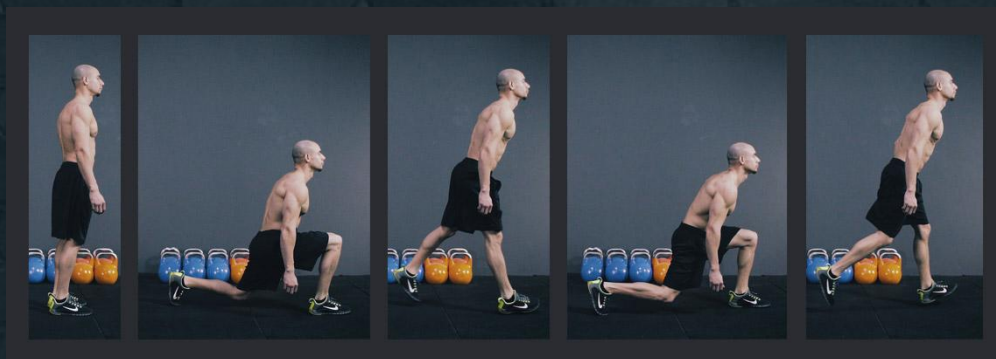
...

Set 10: 10 push-ups, plank for 10 secs

## OPTIONAL: LEGS & CARDIO BOOST

🔄 3 Sets with 30 secs break in between

### 1. Jumping Lunges / Forward Lunges (30 secs)



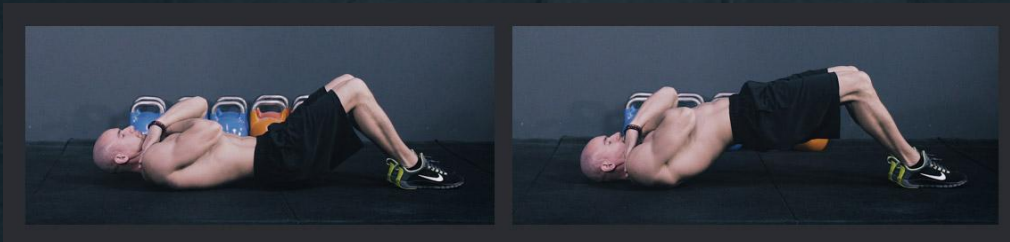
### 2. Leg Flutters (30 secs)



3. Squat Sit  
(30 secs)



4. Glute Bridge  
(30 secs)



5. Front Jumps  
(30 secs)



WORKOUT

3

SKILL TRAINING:

# TUCK FRONT LEVER

- FRONT LEVER PROGRESSION #1 -

Try your first tuck front lever today! Keep your back as straight as possible while holding it.



Hold the tuck front lever for as long as you can. Keep going back into the move and practice it for min. **100 seconds**. Write down how long you could stay in the position with good form.

# WORKOUT

# 3

## WORKOUT ROUTINE 1: BROADWAY

🔄 3 Sets with 1 min break in between

### 1. Shoulder Diamonds (100 reps)



### 2. Pull-ups (10 reps)



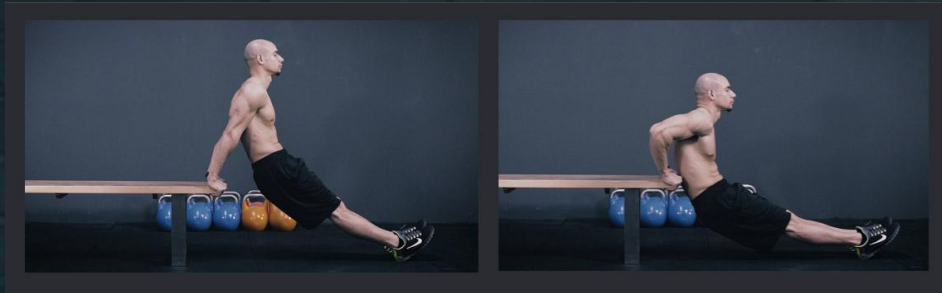
### EASIER VERSION:



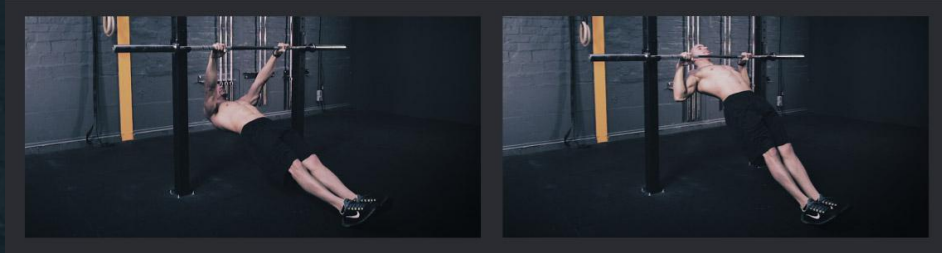
# WORKOUT

## 3

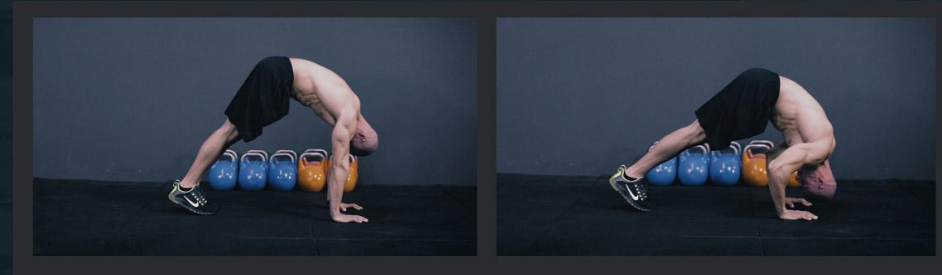
### 3. Tricep Dips (20 reps)



### 4. Bodyweight Rows (20 reps)




### 5. Pike Push-ups (20 reps)



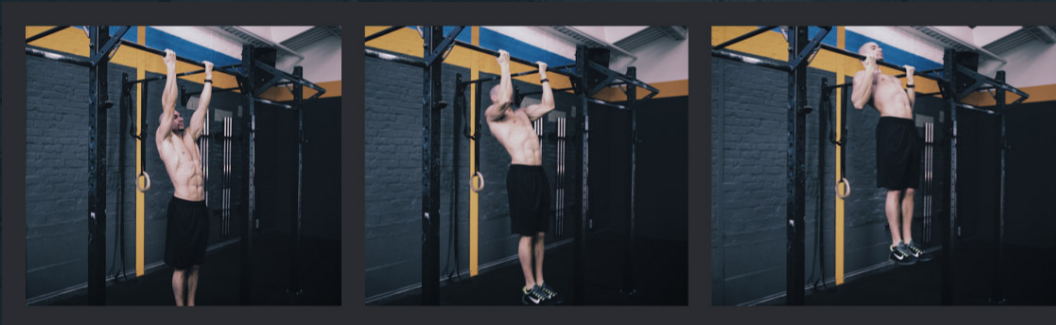
**WORKOUT**

**3**

## **WORKOUT ROUTINE 2: WADSWORTH**

 5 Sets with 1 min break in between

### **1. Chin-ups (10 reps)**



### **2. Archer Push-ups (10 reps)**





## SKILL TRAINING & CHALLENGE #1: SUPERMAN PUSH-UP

It's time for your first official BTX challenge! Today you will learn how to do a superman push-up!

This is what it should look like:



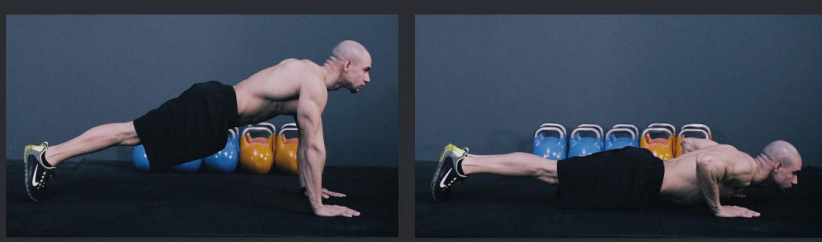
Practice this move for min. **100 seconds** and write down how many reps you could do in good form. But be careful to not fall on your face!

Take a picture or video of yourself doing the superman push-up and post it on Instagram or Facebook with the hashtag **#btxsuperman** and tag **@barstarzz**. This way you will level up in the BTX program!

# WORKOUT ROUTINE: VERMILYA

🔄 4 Sets with 1 min break in between

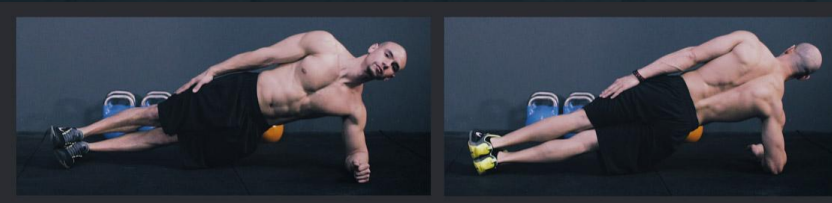
## 1. Push-ups (20 reps)



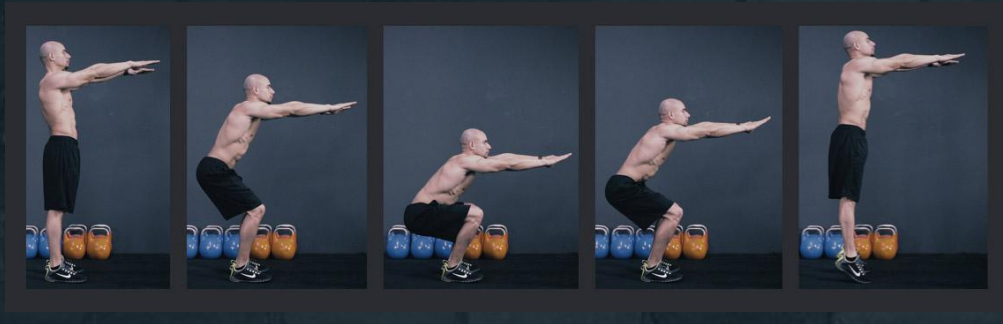
## 2. Plank (60 secs)



## 3. Side Plank - Both Sides (30 secs each side)



## 4. Squat Calf Raises (30 reps)



## 5. Squat Sit (30 secs)



## 6. Leg Flutters (60 secs)



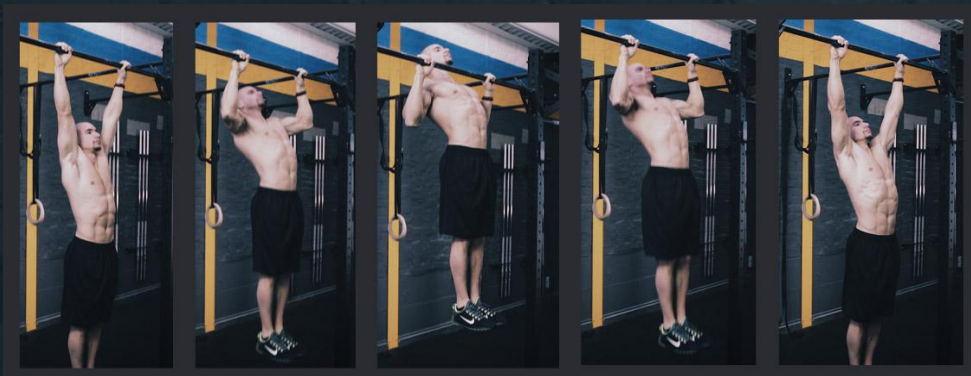
## OPTIONAL: UPPER BODY BOOST

🔄 2 Sets with 30 secs break in between

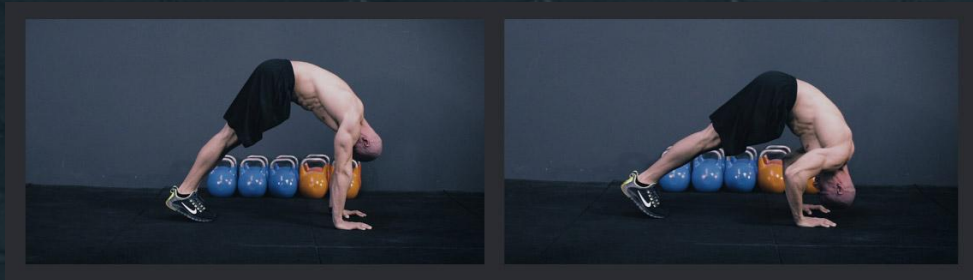
### 1. Diamond Push-ups (60 secs)



### 2. Pull-ups (60 secs)



### 3. Pike Push-ups (60 secs)



### 4. Knee Raises (60 secs)



### 5. Chin-ups (60 secs)

