

Workout Guide

BARSTARZZ

BTX



LEVEL 3

**DON'T WISH FOR IT.
WORK
FOR IT.**

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PRODUCT DISCLAIMER

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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

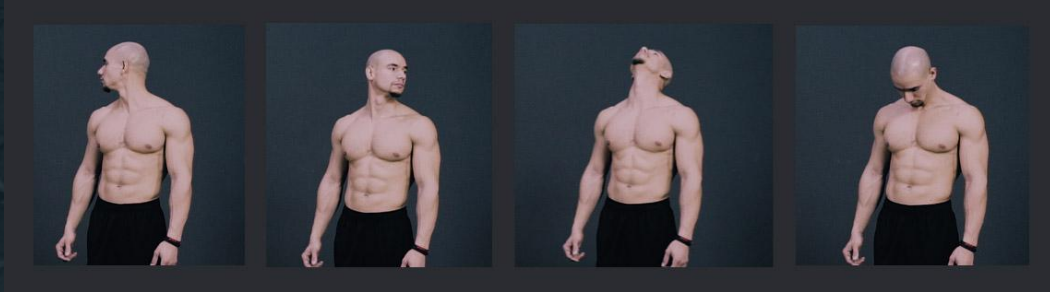
Before every workout you should spend 5-10 minutes warming up. This will increase your body temperature and the blood flow to the muscles you will be exercising and reduce the potential for muscle and connective injuries.

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

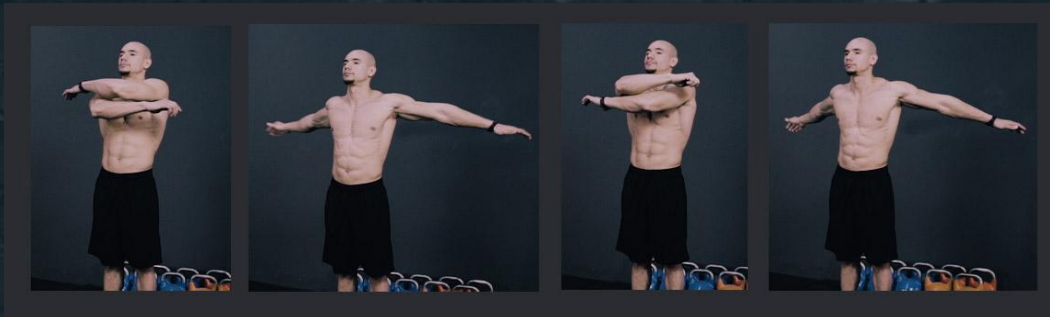


1. WARM-UP ROUTINE

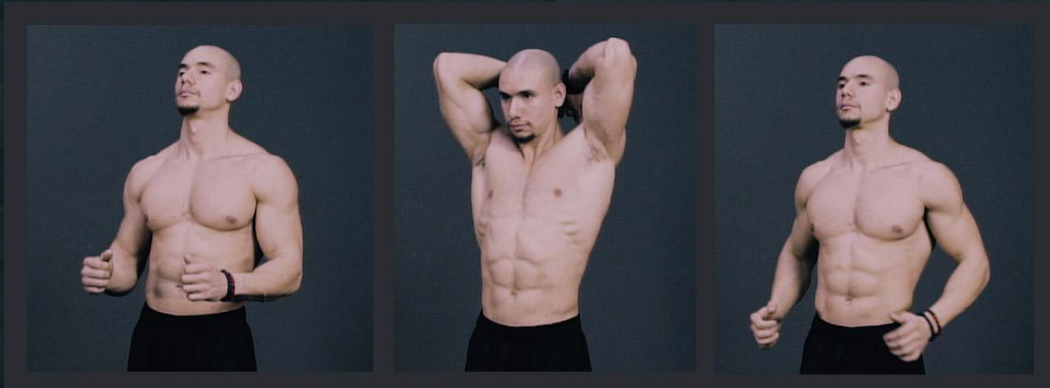
1. Neck Turns (90 secs)



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

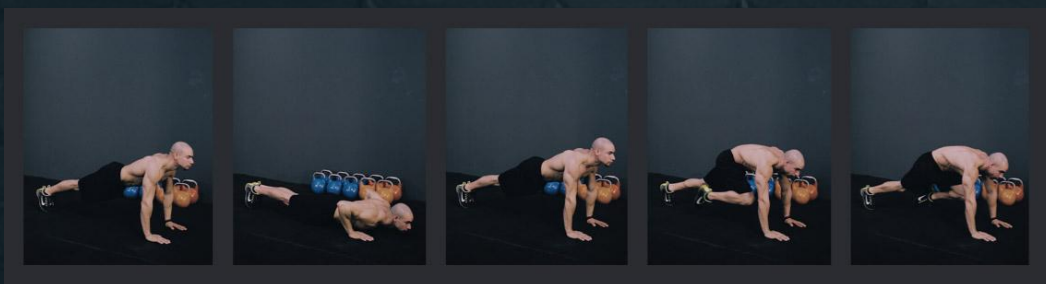
6. Jumping Jacks could also be substituted by:

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)

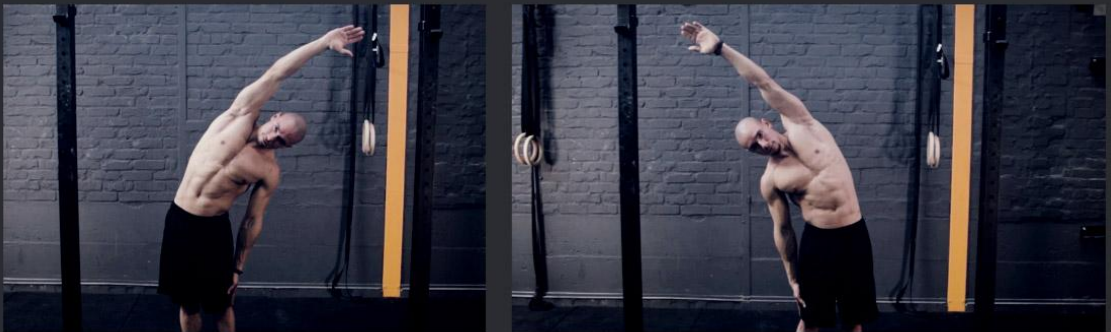


2. STRETCHING EXERCISES

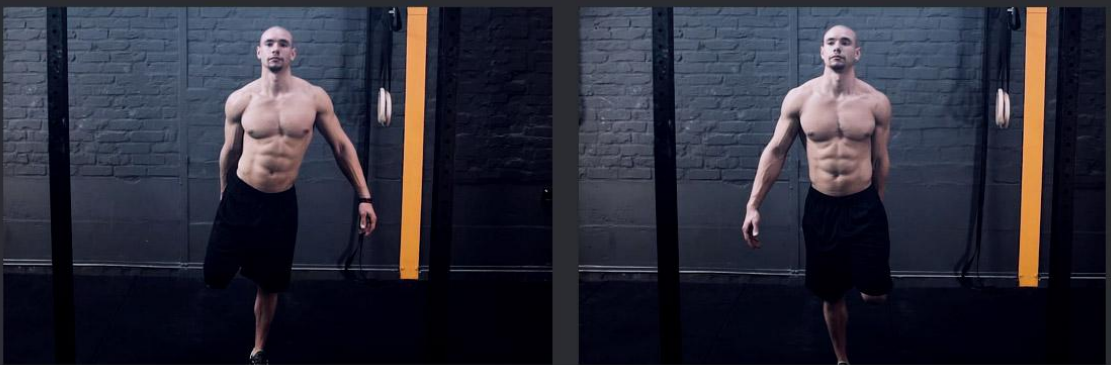
4. Feet & Floor Touches (60 secs)



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 3 – WEEK 1-4

Congratulations! You're absolutely killing it and you should be proud. Sometimes it will feel hard but I want you to keep going and keep pushing to finally transform your body.

This will be the guide for your next month of BTX with 4-5 workouts per week.

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.)

What are you waiting for?



WEEK 1

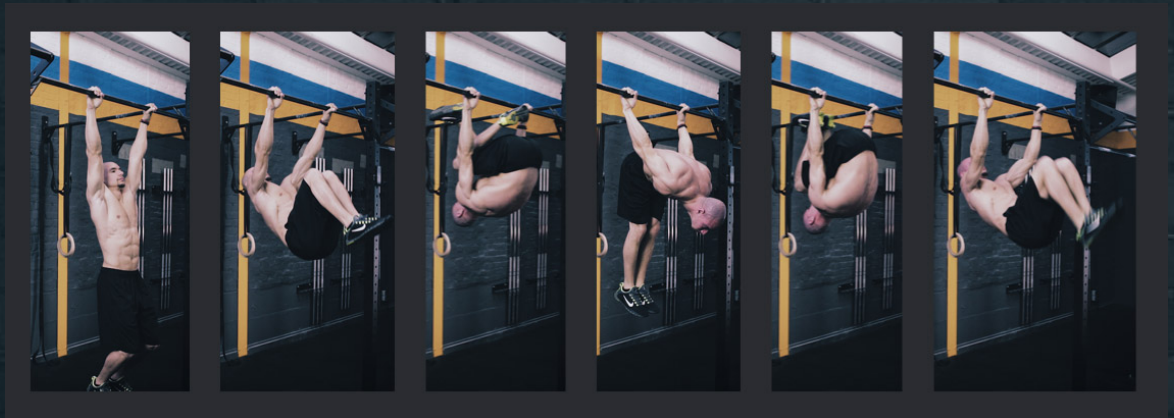
MAKE IT HAPPEN

WORKOUT

1

SKILL TRAINING:
SKIN THE CAT
- BACK LEVER PROGRESSION #1 -

Check out the perfect skin the cat technique. This is the first progression to a stable back lever:



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

WORKOUT

1

SKILL TRAINING: HANDSTAND KICK-UP

Improve your time for the handstand kick-up.



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 max. **100 seconds**.

Write down how long you could stand in the position with good form and compare it with the results from Week 3.

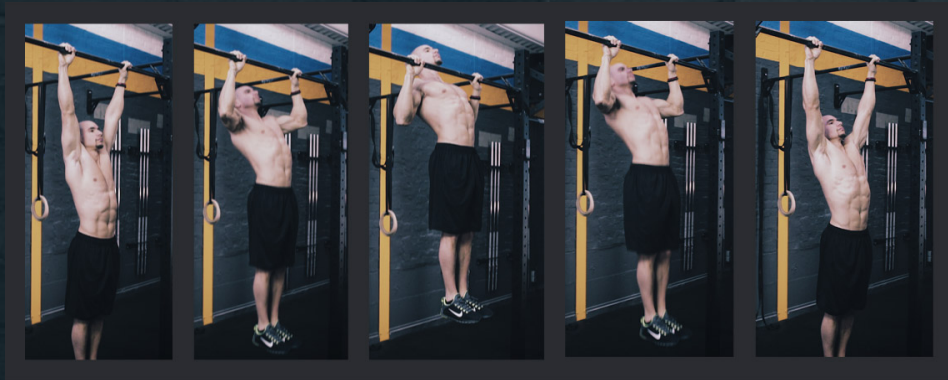
WORKOUT

1

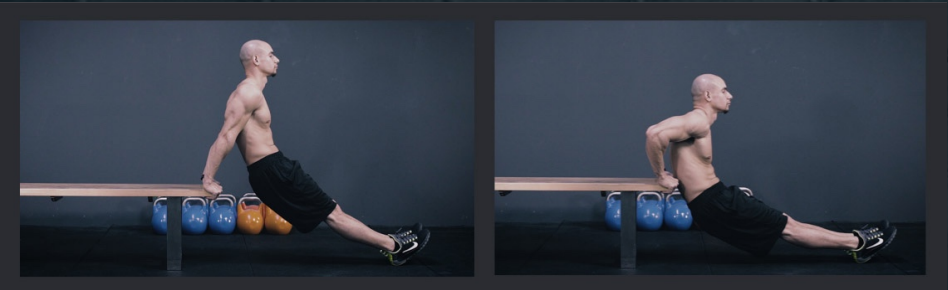
WORKOUT ROUTINE: AROUND THE WORLD

🔄 4 Sets with 1 min break in between

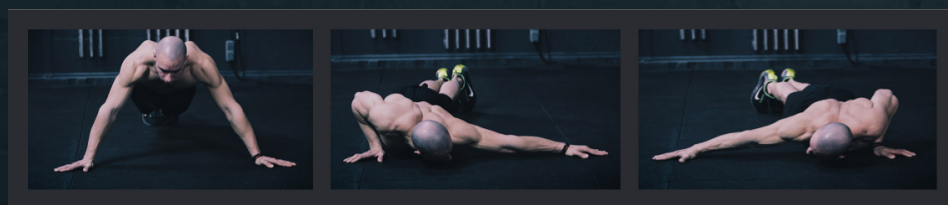
1. Pull-ups (20 reps)



2. Tricep Dips (20 reps)



3. Archer Push-ups (20 reps)



WORKOUT

1

WORKOUT ROUTINE: GIZA

↻ 3 Sets with 1 min break in between

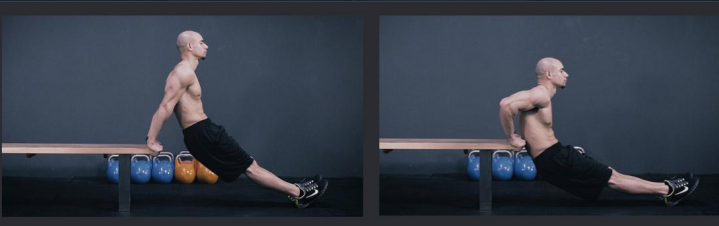
1. Push-ups
(60 secs)



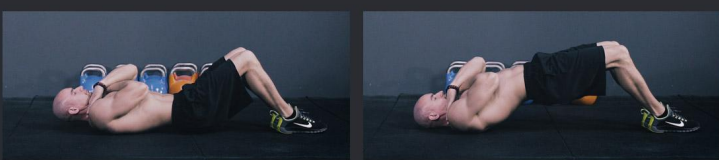
2. Plank
(60 secs)



3. Tricep Dips
(60 secs)

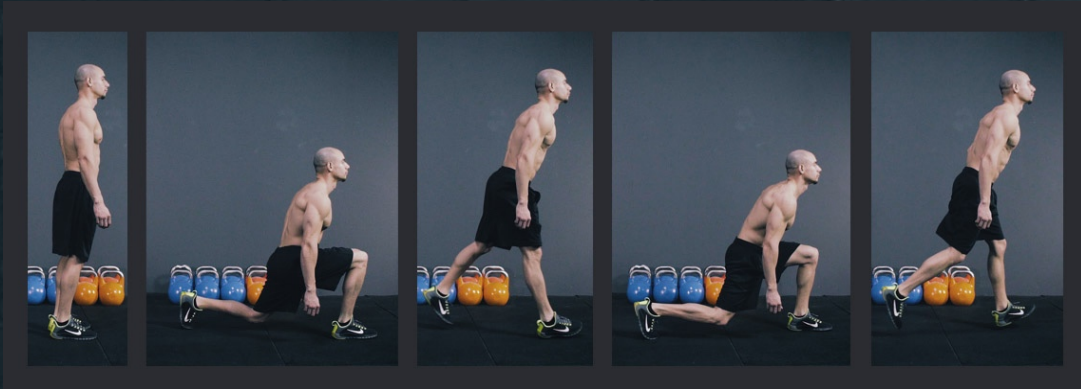


4. Glute Bridge
(60 secs)



SKILL TRAINING: JUMPING LUNGES

Today we will work on maximizing our jumping lunges:

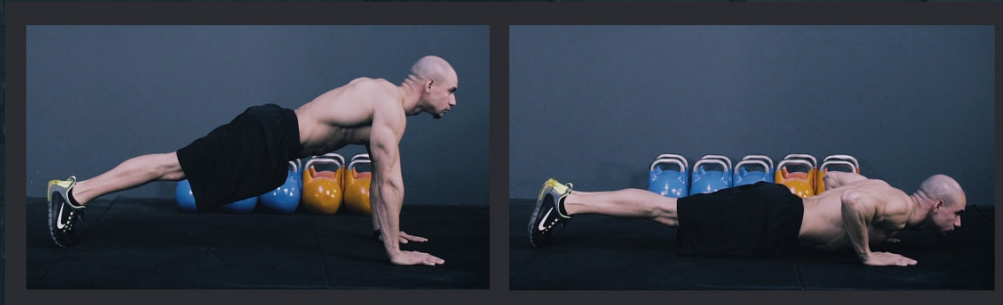


Do as many as you can for **100 seconds** and write down how many reps you could do.

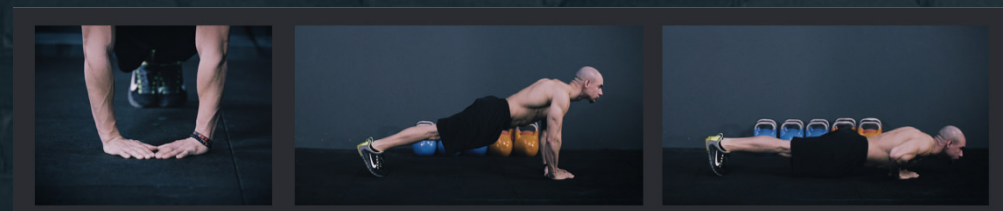
WORKOUT ROUTINE 1: CABRINI CHEST

🔄 3 Sets with 1 min break in between

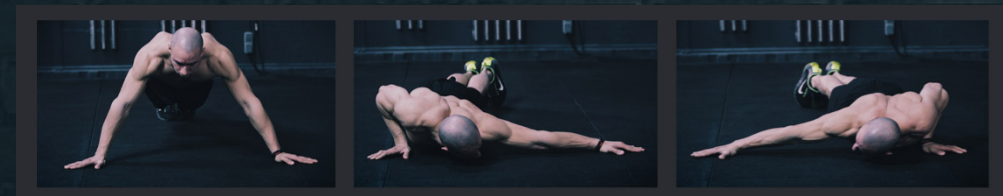
1. Push-ups (10 reps)



2. Diamond Push-ups (10 reps)



3. Archer Push-ups (10 reps)



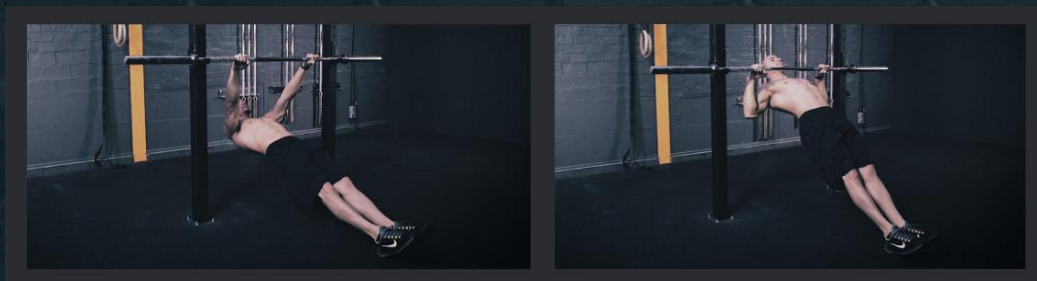
WORKOUT ROUTINE 2: WASH HEIGHTS WARRIOR

↻ 3 Sets with 1 min break in between

1. Squat Jumps (60 secs)



2. Bodyweight Rows (60 secs)



3. Jumping Lunges / Forward Lunges (60 secs)



4. Push-ups (60 secs)



5. Burpees (60 secs)



SKILL TRAINING:

TUCK FRONT LEVER

- FRONT LEVER PROGRESSION #1 -

Learn how to do a tuck front lever today. This progression will help get a perfect front lever:



Hold it with a straight back 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 in good form.

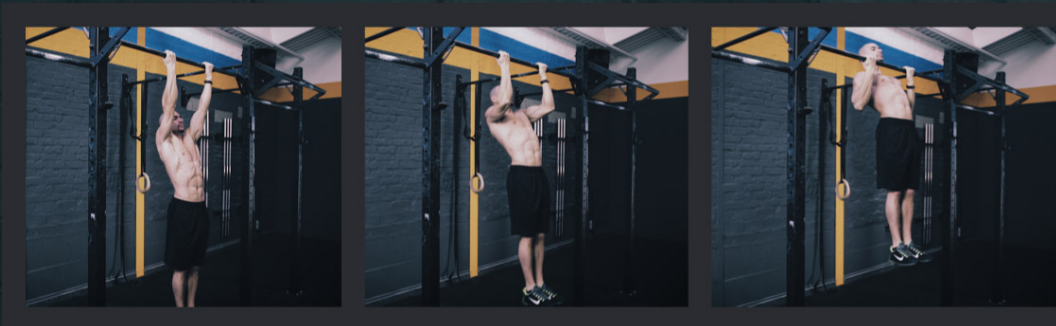
WORKOUT

3

WORKOUT ROUTINE 1: WADSWORTH

🔄 5 Sets with 1 min break in between

1. Chin-ups (10 reps)



2. Archer Push-ups (10 reps)



WORKOUT

3

WORKOUT ROUTINE 2:

LONDON

↻ 3 Sets with 1 min break in between

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



2. Knee Raises (60 secs)

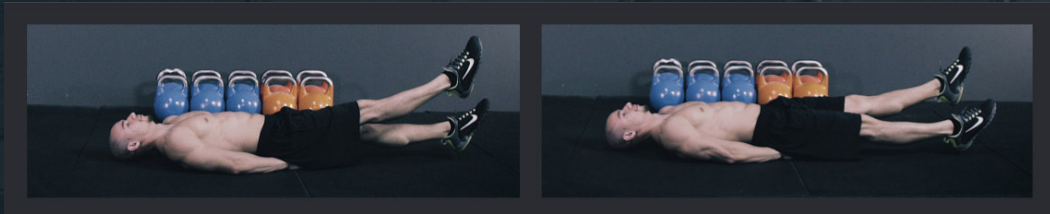


3. Side Plank - Both Sides (30 secs each side)



SKILL TRAINING: LEG FLUTTERS

Today we will practice the Leg Flutters:

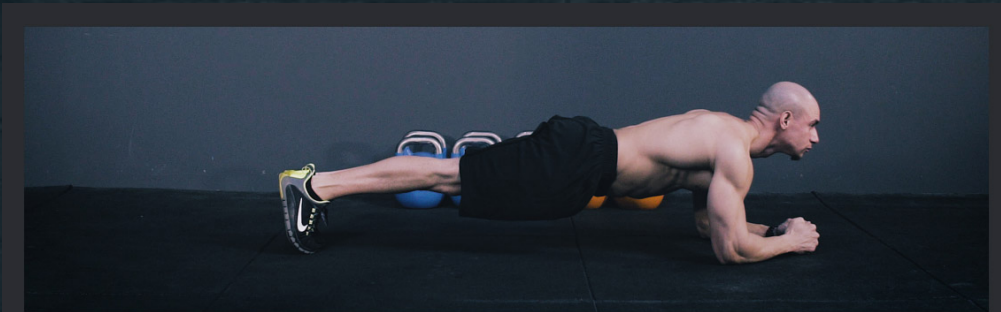


Repeat the exercise for **min. 100 seconds** and keep going for as long as you can. Write down how long you could execute the exercise with good form.

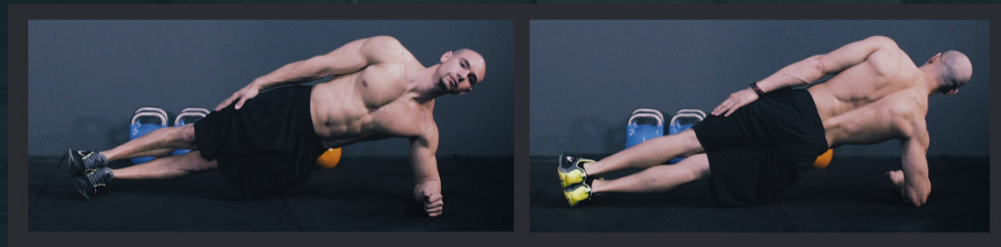
WORKOUT ROUTINE: RIVERSIDE

↻ 3 Sets with 1 min break in between

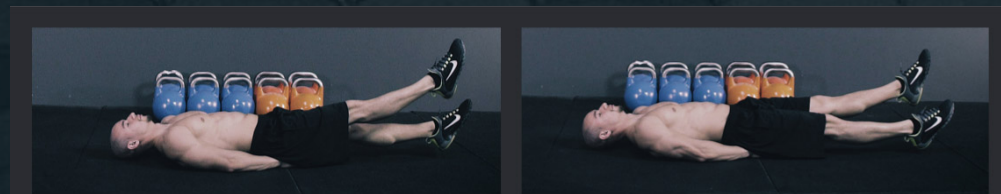
1. Plank
(60 secs)



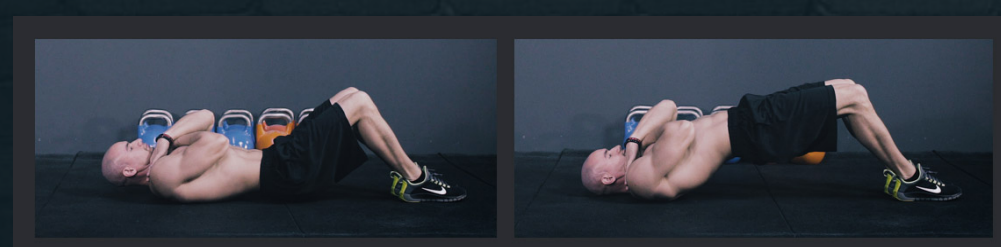
2. Side Plank – Both Sides
(60 secs each side)



3. Leg Flutters
(60 secs)



4. Glute Bridge
(60 secs)



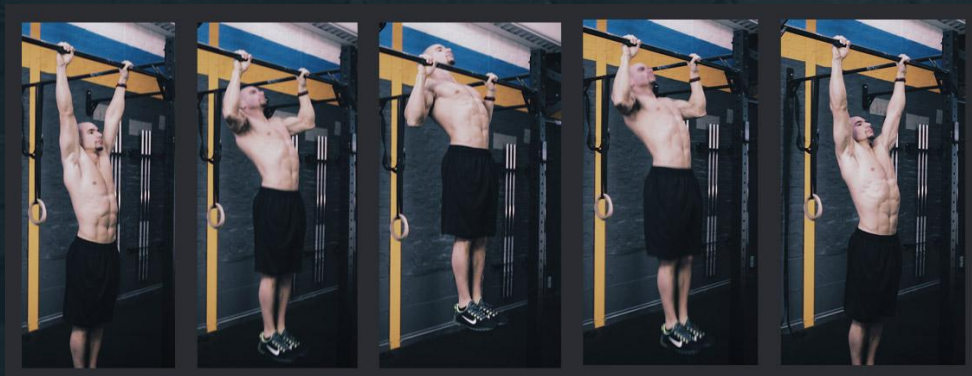
OPTIONAL: UPPER BODY BOOST

🔄 2 Sets with 30 secs break in between

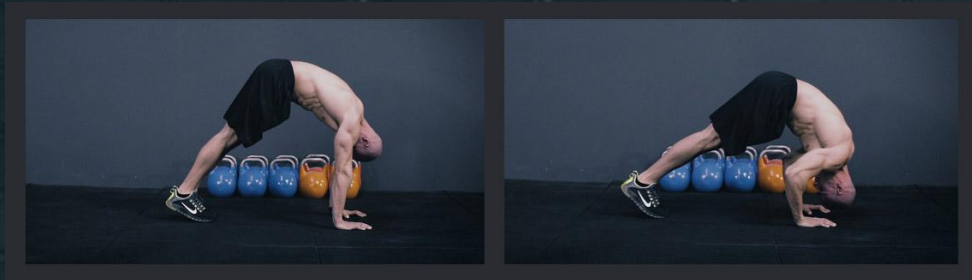
1. Diamond Push-ups (60 secs)



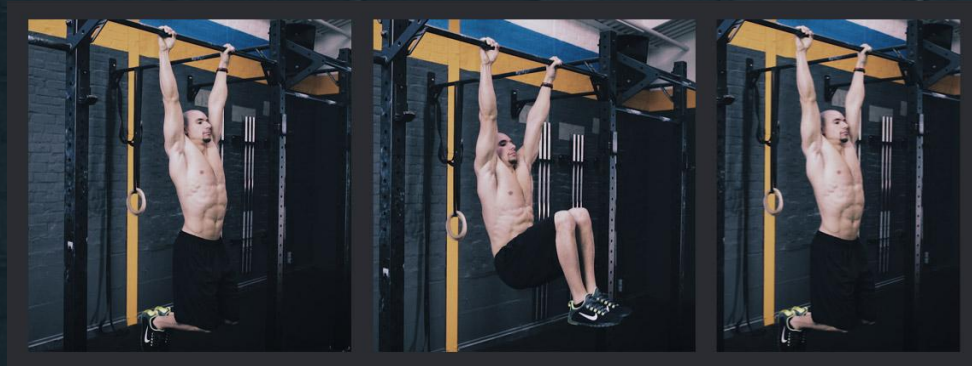
2. Pull-ups (60 secs)



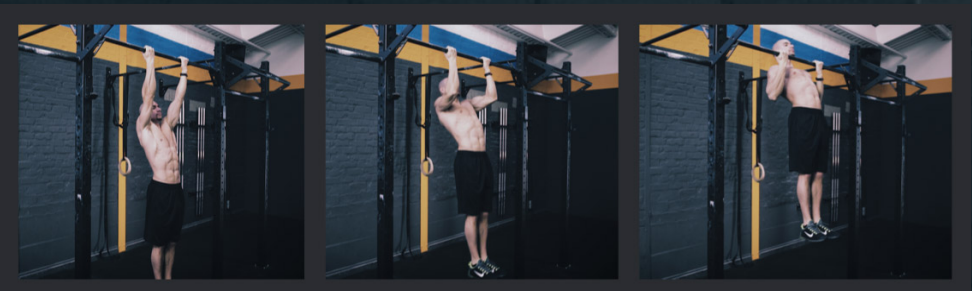
3. Pike Push-ups
(60 secs)



4. Knee Raises
(60 secs)



5. Chin-ups
(60 secs)



WEEK 2

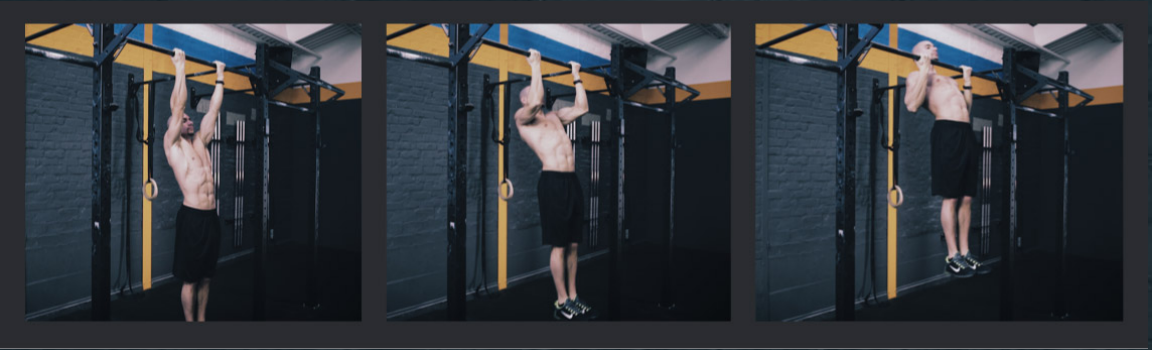
TOO FIT TO QUIT

WORKOUT

1

SKILL TRAINING: CHIN-UPS

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



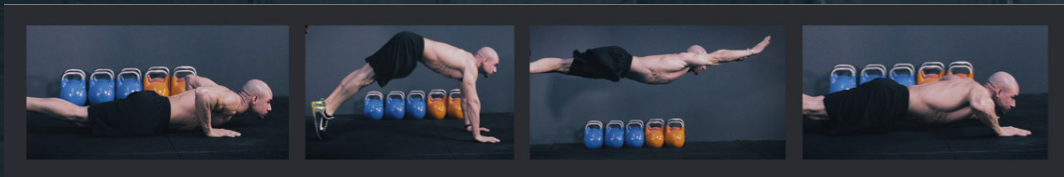
Do as many as you can for **100 seconds** and write down how many reps you could do.

WORKOUT

1

SKILL TRAINING: SUPERMAN PUSH-UP

Let's practice the superman push-up again:



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

Be careful to not hurt yourself! Especially when your superman push-ups are not clean anymore, you gotta be careful and rather go back to the progressions like standard push-up or in-and-out push-ups.

WORKOUT

1

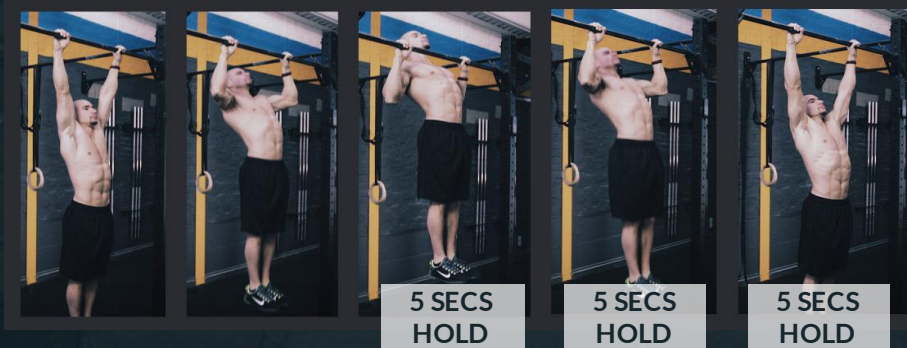
WORKOUT ROUTINE 1: PULL-UP & PUSH-UP MIXER

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

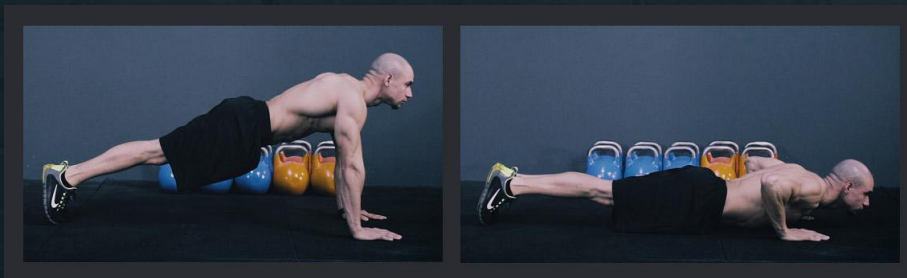
1. Pull-ups or Negative Chin-ups (1 rep)



2. Pull-up hold (1 rep)



3. Push-ups (10 reps)



1 MIN BREAK

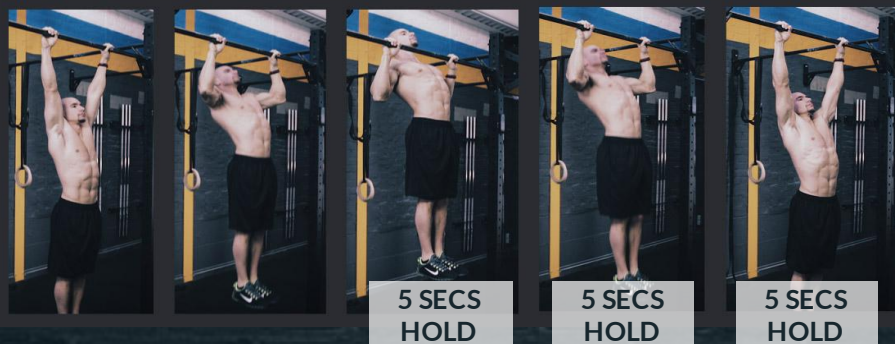
WORKOUT

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.

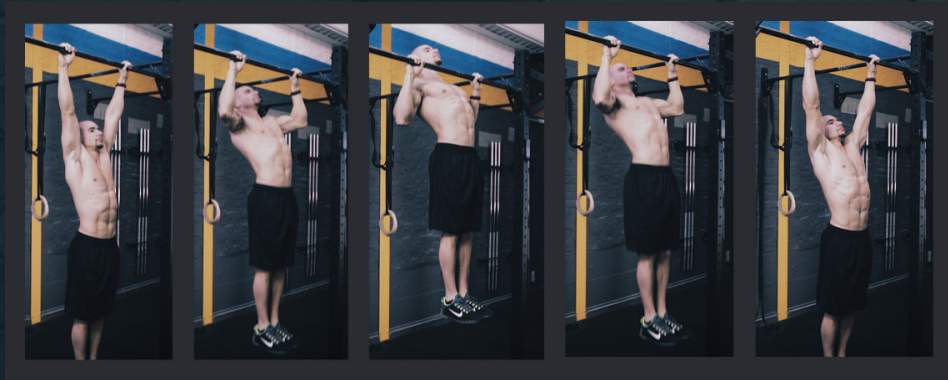
WORKOUT

1

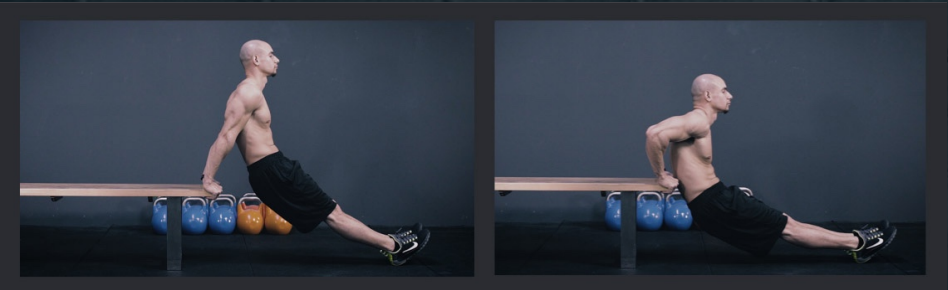
WORKOUT ROUTINE 2: AROUND THE WORLD

🔄 4 Sets with 1 min break in between

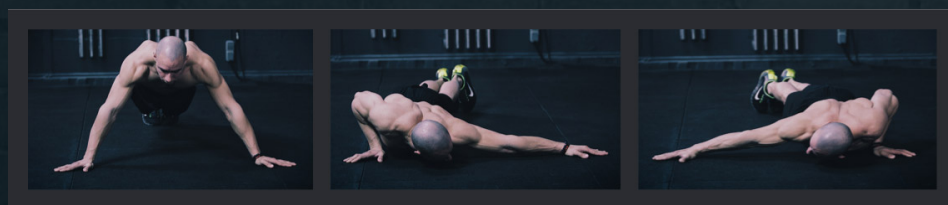
1. Pull-ups (20 reps)



2. Tricep Dips (20 reps)



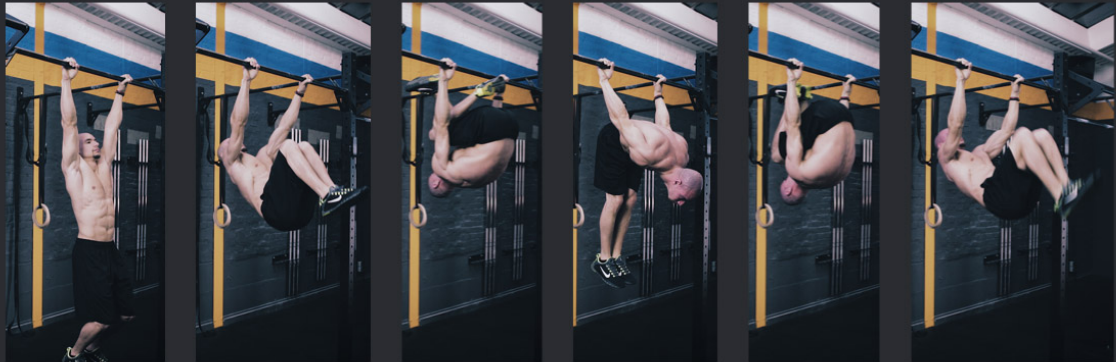
3. Archer Push-ups (20 reps)



SKILL TRAINING: SKIN THE CAT

- BACK LEVER PROGRESSION #1 -

Try the skin the cat move again. This is the first progression to a stable back lever:

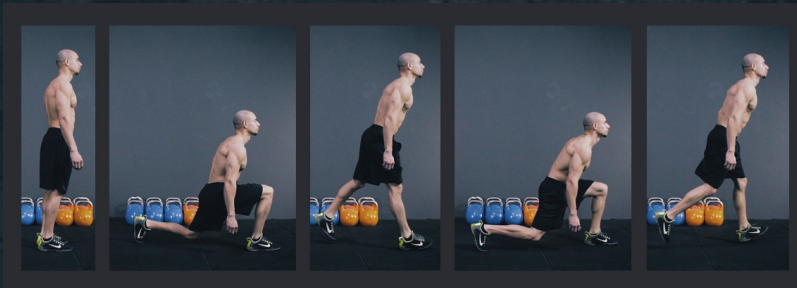


Repeat this as many times as you can for **100 seconds** and write down how many reps you could do.

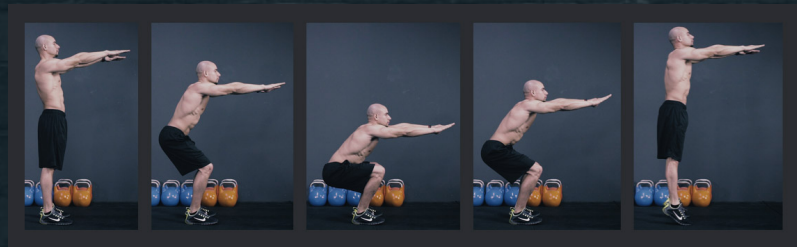
WORKOUT ROUTINE: BARELY WALK

↻ 3 Sets with 1 min break in between

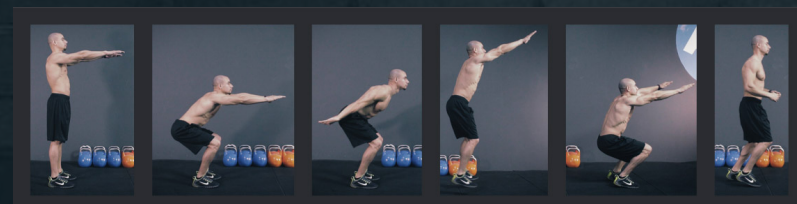
1. Lunges (40 reps)



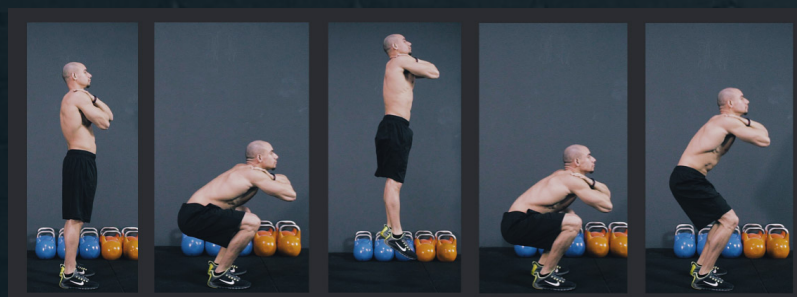
2. Squat Calf Raises (30 reps)



3. Front Jumps (20 reps)



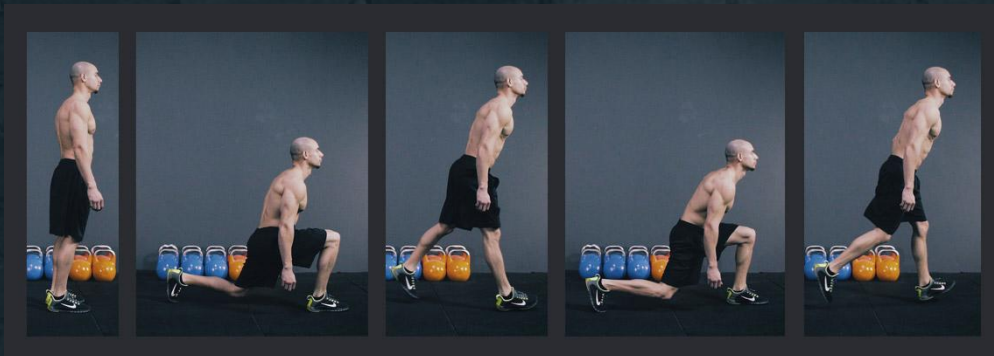
4. Squat Jumps (20 reps)



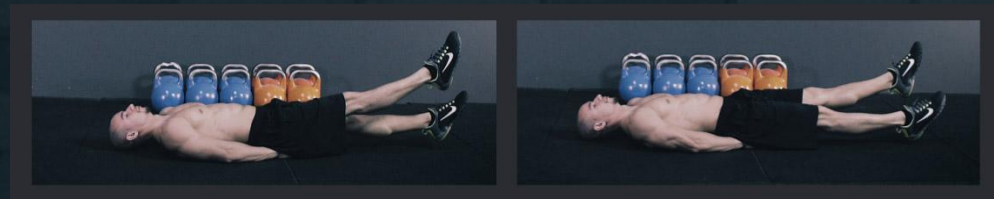
OPTIONAL: LEGS & CARDIO BOOST

🔄 3 Sets with 30 secs break in between

1. Jumping Lunges / Forward Lunges (30 secs)



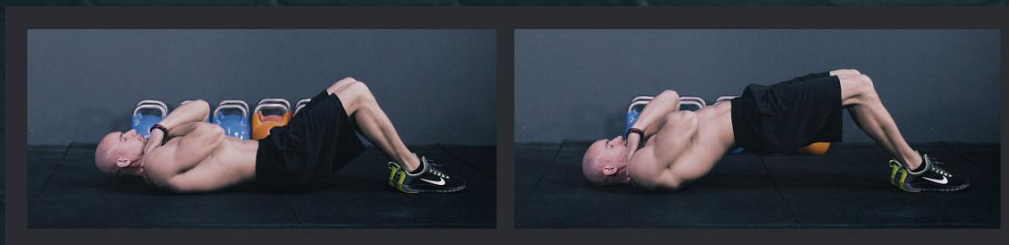
2. Leg Flutters (30 secs)



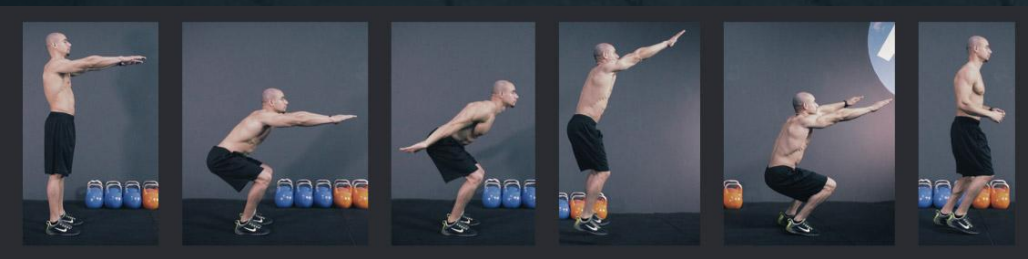
3. Squat Sit (30 secs)



4. Glute Bridge (30 secs)



5. Front Jumps (30 secs)



WORKOUT

3

SKILL TRAINING: LEG RAISES

Check out how a leg raise should look:



Do as many leg raises as you can for **100 seconds** and write down how many reps you could do. Try to swing as little as possible.

WORKOUT

3

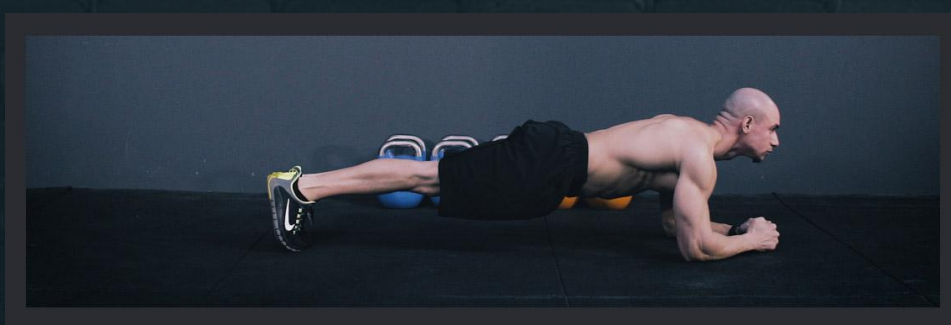
WORKOUT ROUTINE: AMSTERDAM

🔄 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

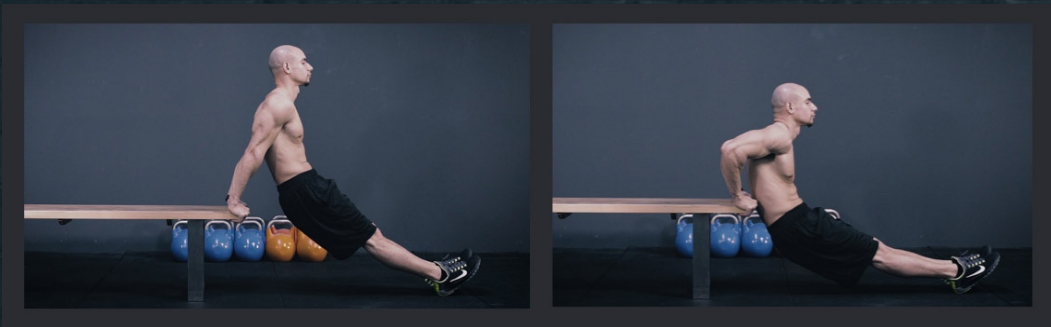
3

OPTIONAL:

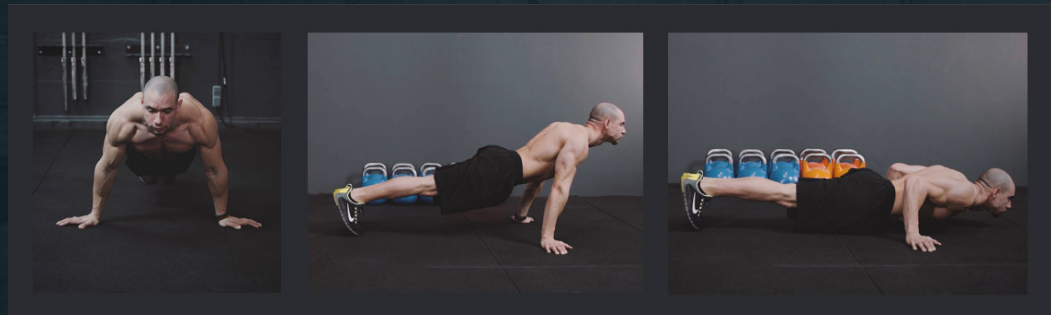
TRICEPS & CHEST BOOST

 2 Sets with 30 secs break in between

1. Tricep Dips
(60 secs)



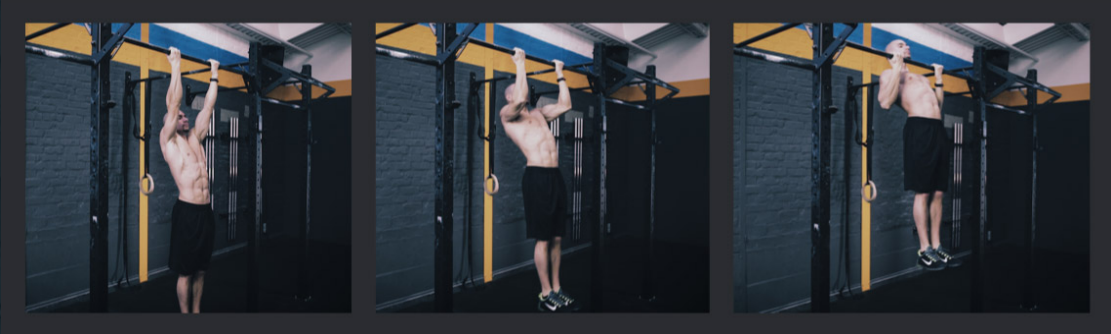
2. Pseudo Push-ups
(60 secs)



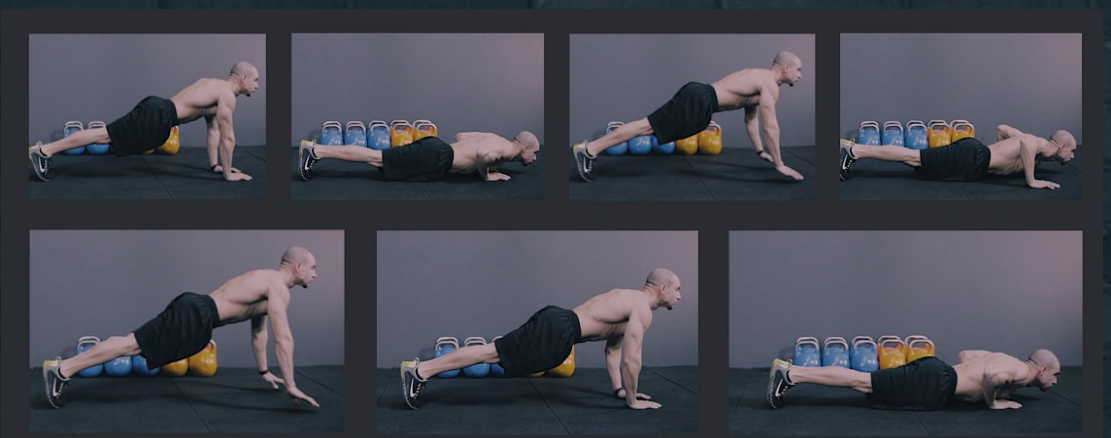
WORKOUT

3

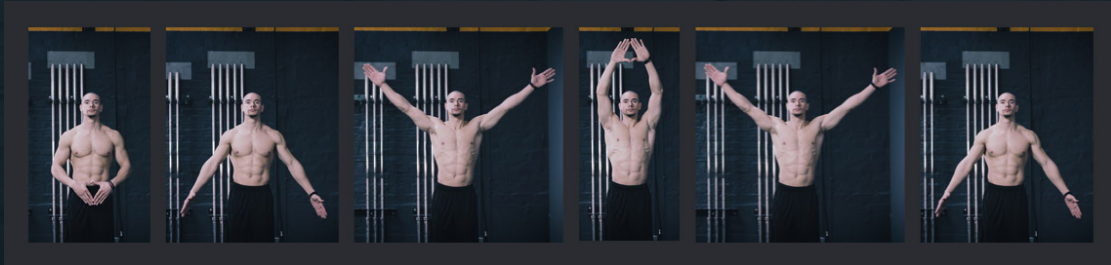
3. Chin-ups (60 secs)



4. In-and-out Push-ups (60 secs)



5. Shoulder Diamonds (60 secs)



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

Time for another BTX signature skill training. Today we will practice in-and-out push-ups again

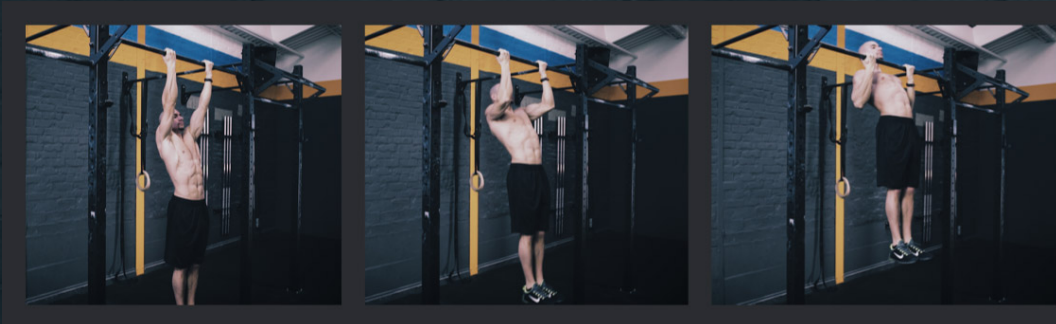


Do as many as you can for **100 seconds** take a video of it. Post it with the hashtag #btxinandout on Facebook or Instagram. Looking forward to your results!

WORKOUT ROUTINE 1: WADSWORTH

🔄 5 Sets with 1 min break in between

1. Chin-ups (10 reps)



2. Archer Push-ups (10 reps)



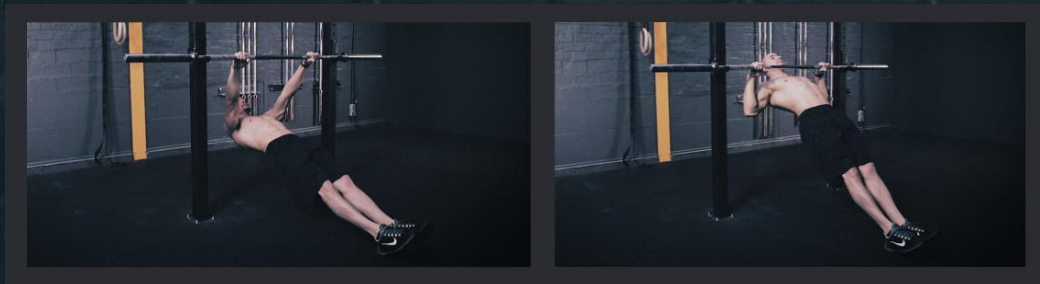
WORKOUT ROUTINE 2: WASH HEIGHTS WARRIOR

↻ 3 Sets with 1 min break in between

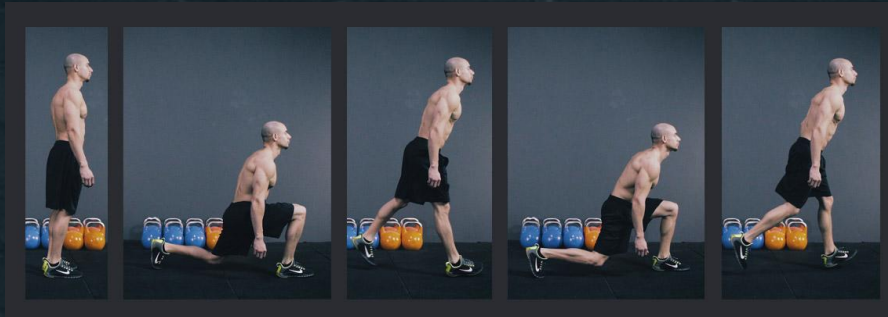
1. Squat Jumps (60 secs)



2. Bodyweight Rows (60 secs)



3. Jumping Lunges / Forward Lunges (60 secs)



4. Push-ups (60 secs)



5. Burpees (60 secs)



WEEK 3

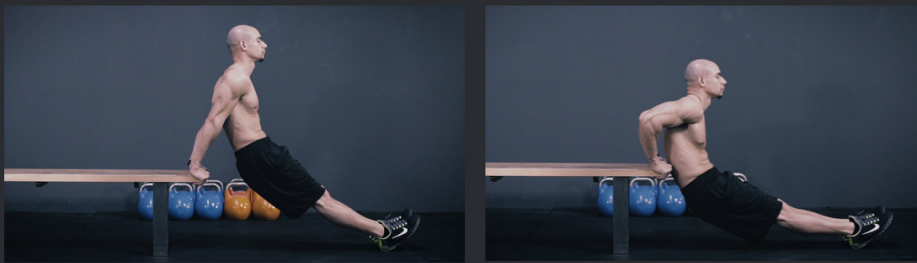
IT'S JUST YOU AGAINST YOU

WORKOUT

1

SKILL TRAINING: TRICEP DIPS

Today we will teach you how to do Tricep Dips:



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

Extra tip: if you are working out in a calisthenics park, you can practice the dips on parallel bars as well.

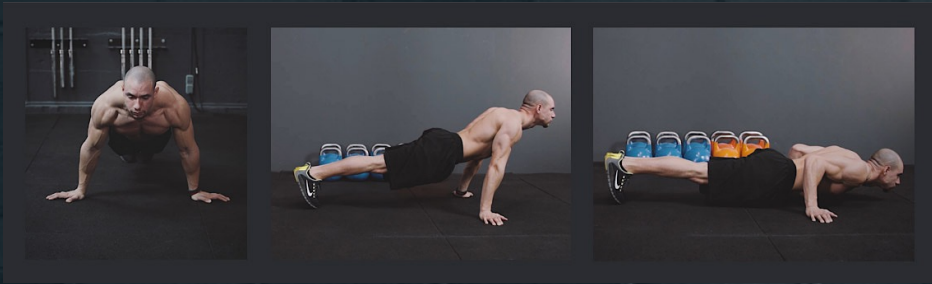
WORKOUT

1

WORKOUT ROUTINE 1: TOKYO

🔄 3 Sets with 1 min break in between

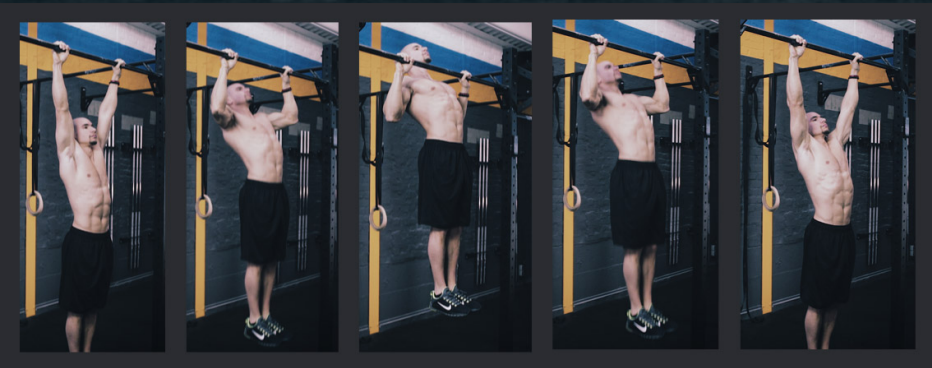
1. Pseudo Push-ups (10 reps)



2. In-and-out Push-ups (20 reps)



3. Pull-ups (15 reps)



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.

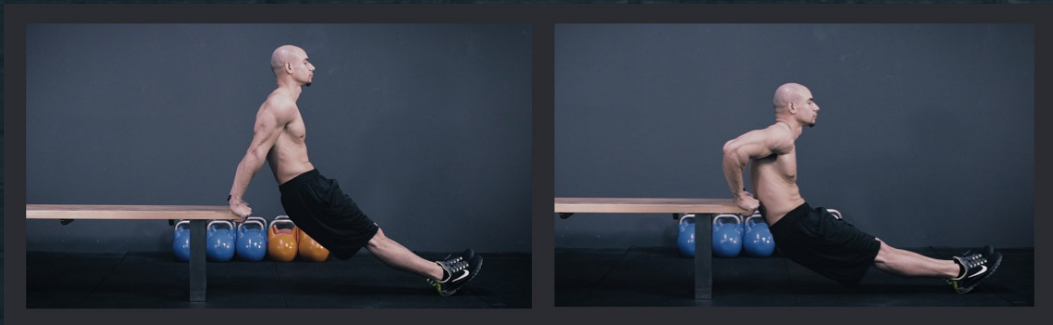
WORKOUT

1

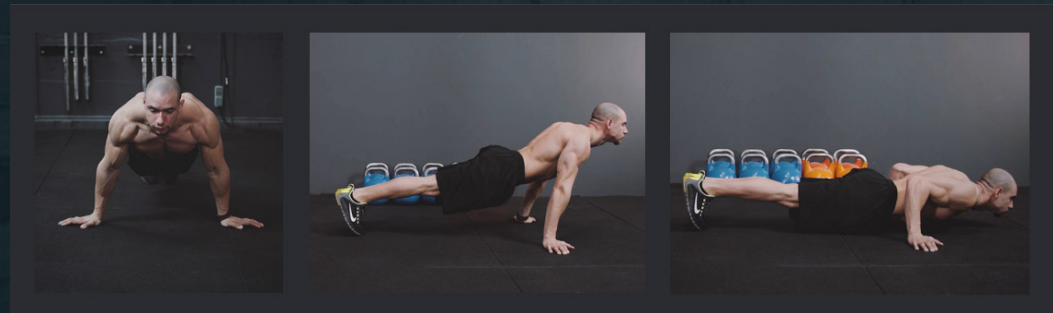
OPTIONAL:
TRICEPS & CHEST BOOST

↻ 2 Sets with 30 secs break in between

1. Tricep Dips
(60 secs)



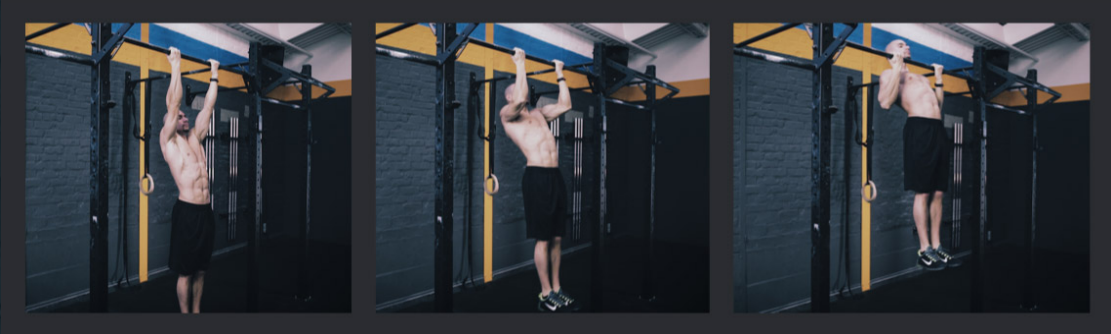
2. Pseudo Push-ups
(60 secs)



WORKOUT

1

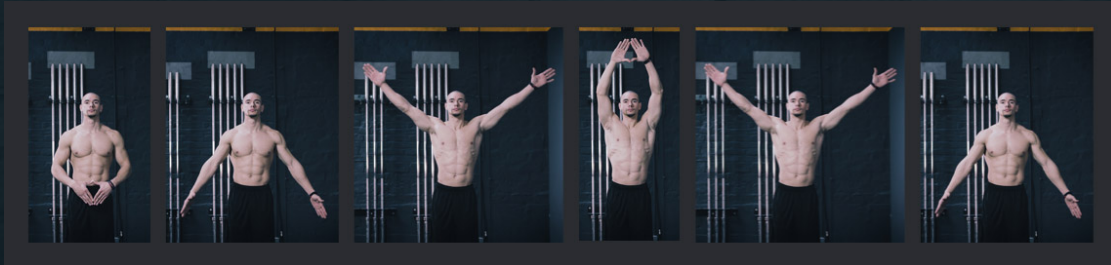
3. Chin-ups (60 secs)



4. In-and-out Push-ups (60 secs)

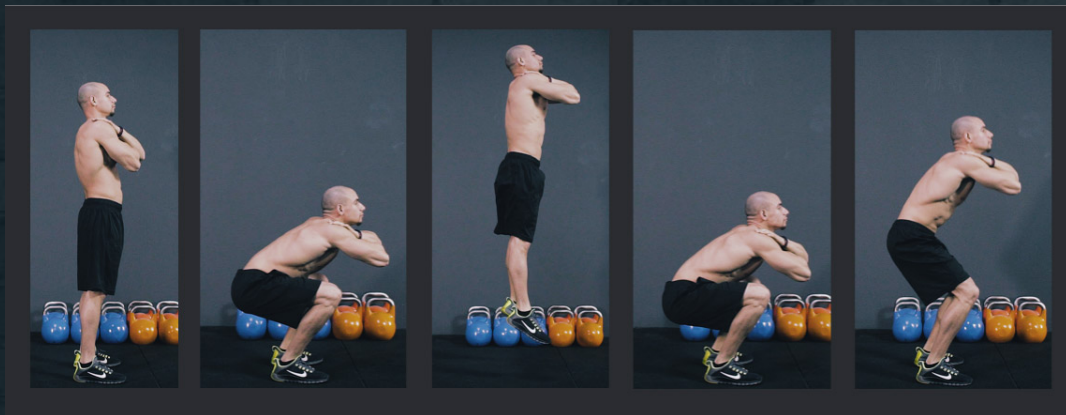


5. Shoulder Diamonds (60 secs)



SKILL TRAINING: SQUAT JUMPS

Check out how a squat jump should look:

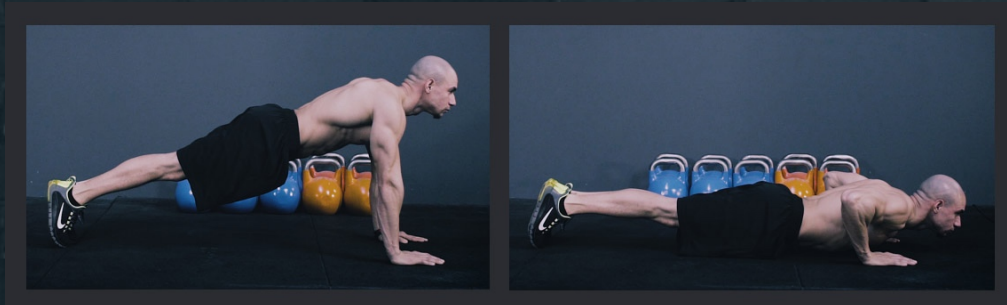


Do as many CLEAN squat jumps as you can for **100 seconds** and write down how many reps you could do.

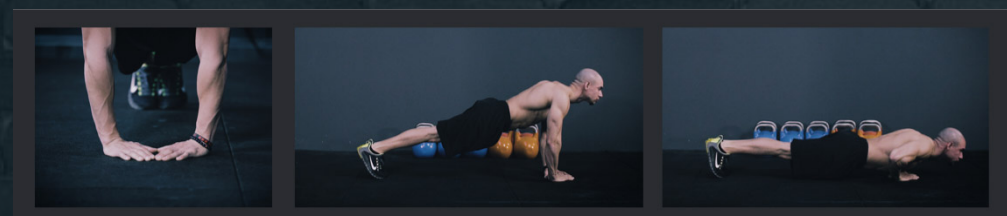
WORKOUT ROUTINE 1: CABRINI CHEST

🔄 3 Sets with 1 min break in between

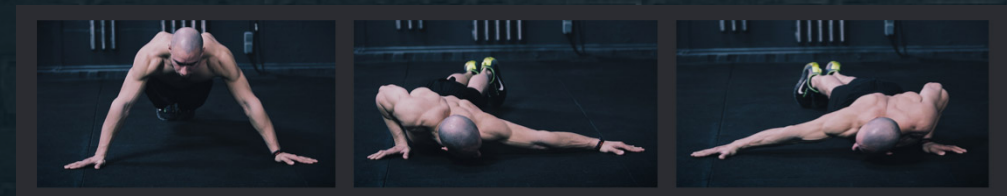
1. Push-ups (10 reps)



2. Diamond Push-ups (10 reps)



3. Archer Push-ups (10 reps)



WORKOUT ROUTINE 2: VERMILYA

🔄 4 Sets with 1 min break in between

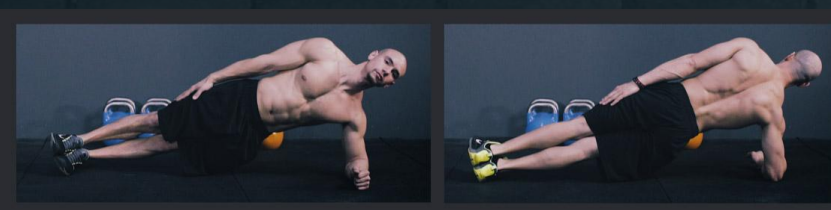
1. Push-ups (20 reps)



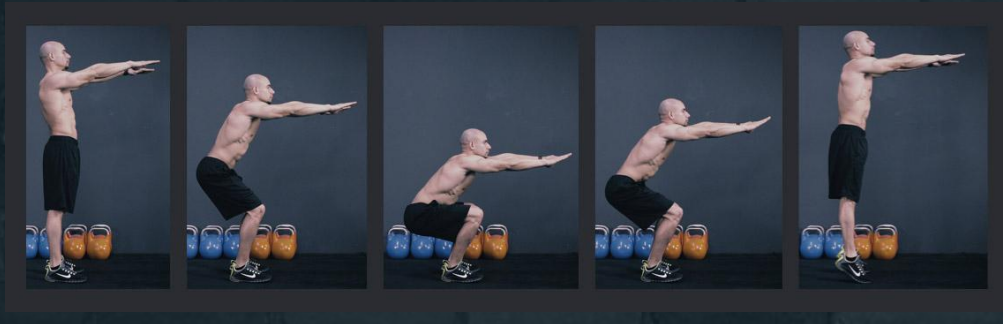
2. Plank (60 secs)



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)



WORKOUT

3

SKILL TRAINING:

TUCK FRONT LEVER

- FRONT LEVER PROGRESSION #1 -

Try the tuck front lever again. This progression will help get a perfect front lever:



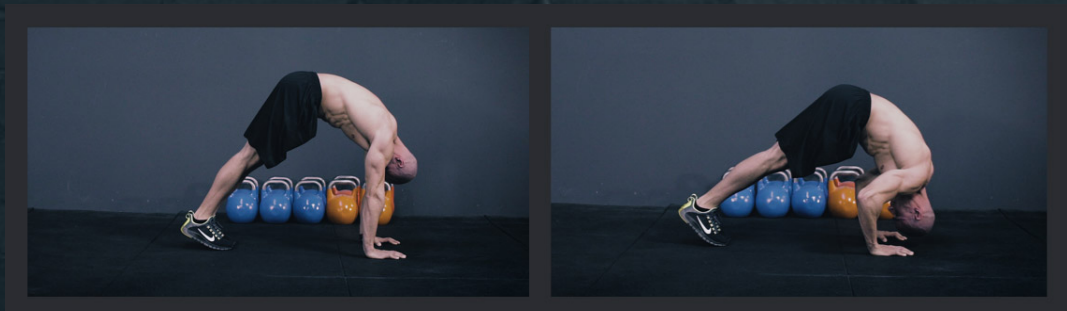
Hold it with a straight back for as long as you can. Keep going back into the move and practice it for min. **100 seconds**. Write down how long you could stay in the position in good form.

WORKOUT

3

SKILL TRAINING: PIKE PUSH-UPS

Check out how a pike push-up should look:



Do as many CLEAN pike push-ups as you can for **100 seconds** and write down how many reps you could do.

WORKOUT

3

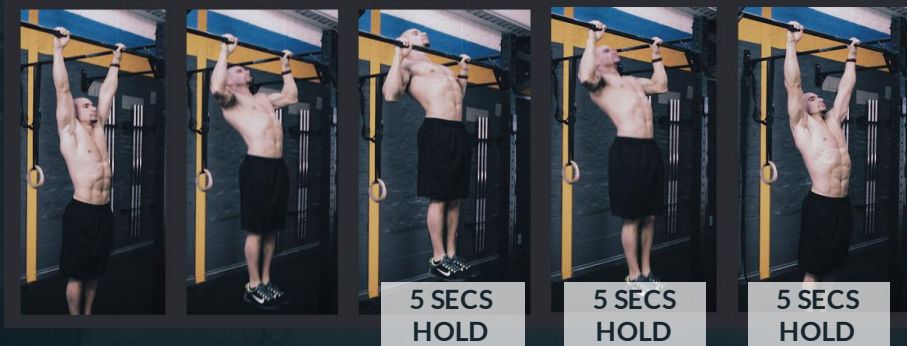
WORKOUT ROUTINE 1: PULL-UP & PUSH-UP MIXER

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

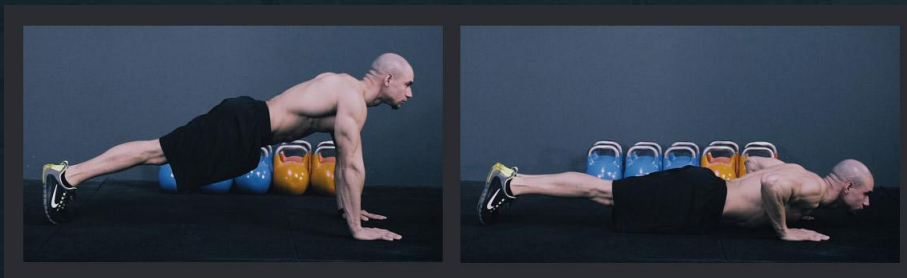
1. Pull-ups or Negative Chin-ups (1 rep)



2. Pull-up hold (1 rep)



3. Push-ups (10 reps)



1 MIN BREAK

WORKOUT

3

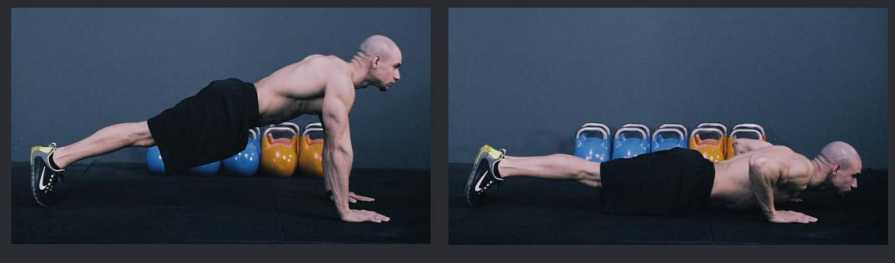
1. Pull-ups or Negative Chin-ups (2 reps)



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.

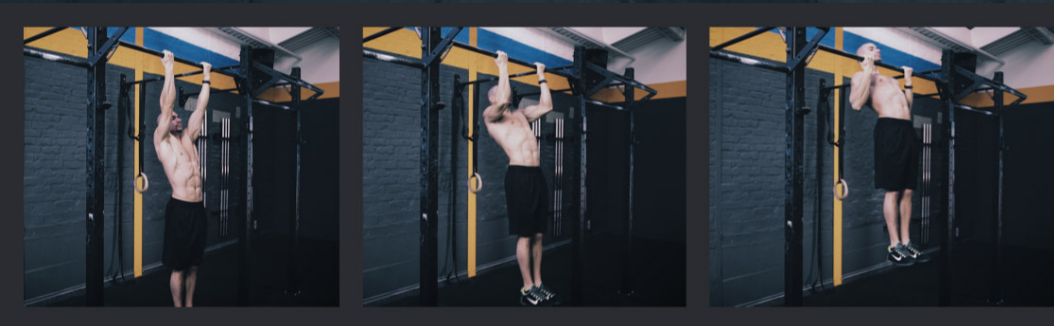
WORKOUT

3

WORKOUT ROUTINE 2: WADSWORTH

 5 Sets with 1 min break in between

1. Chin-ups (10 reps)



2. Archer Push-ups (10 reps)



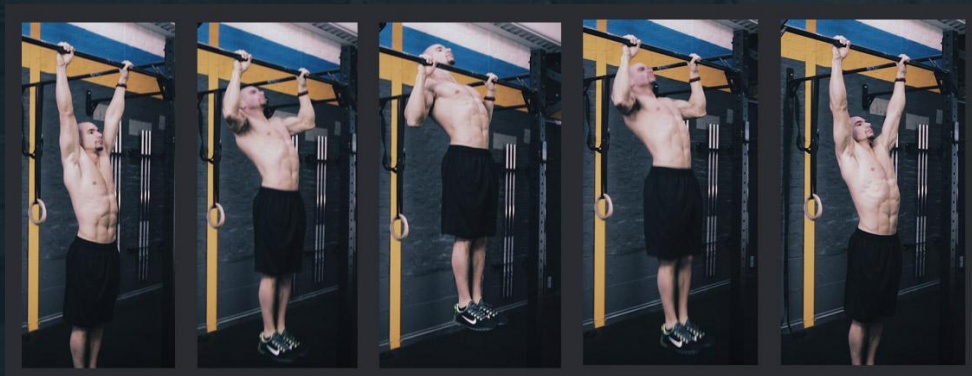
**OPTIONAL:
UPPER BODY BOOST**

🔄 2 Sets with 30 secs break in between

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



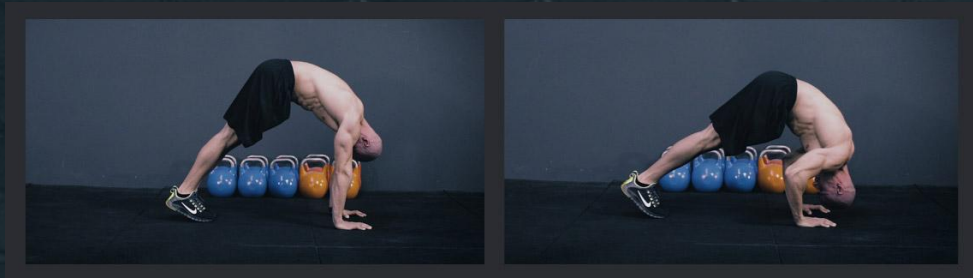
**2. Pull-ups
(60 secs)**



WORKOUT

3

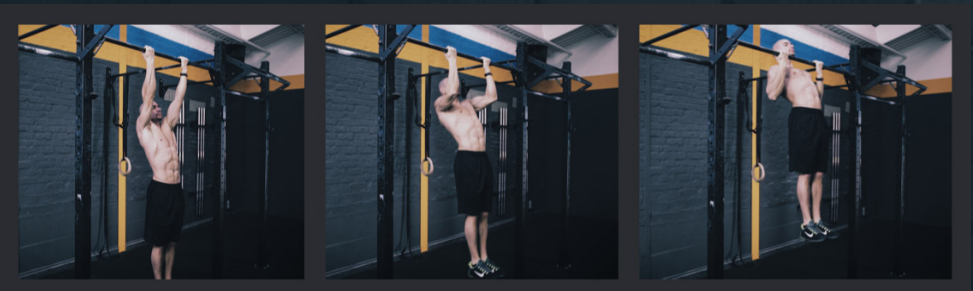
3. Pike Push-ups (60 secs)



4. Knee Raises (60 secs)

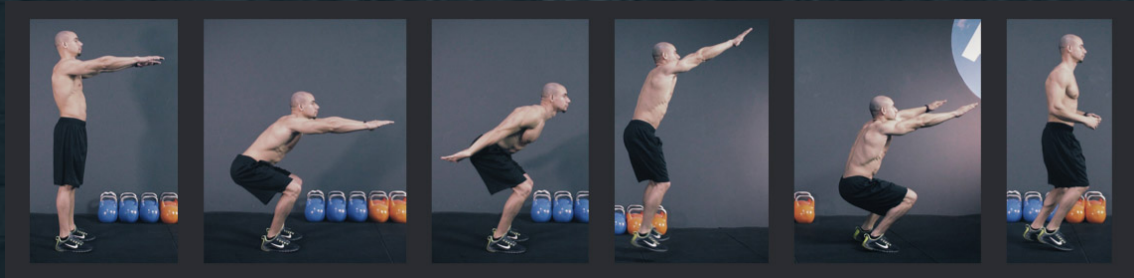


5. Chin-ups (60 secs)



SKILL TRAINING: FRONT JUMPS

Today we practice the front jumps:



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

WORKOUT ROUTINE 1: 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)



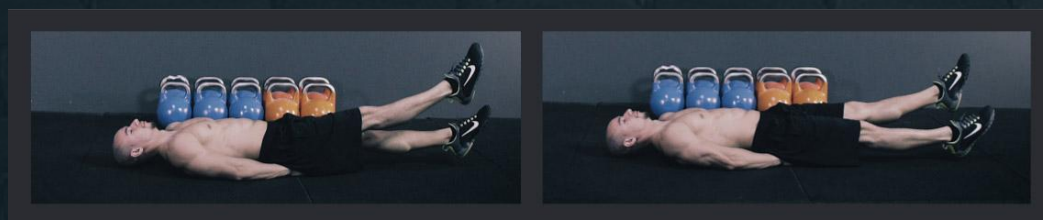
WORKOUT ROUTINE 2: AUDUBON

↻ 3 Sets with 1 min break in between

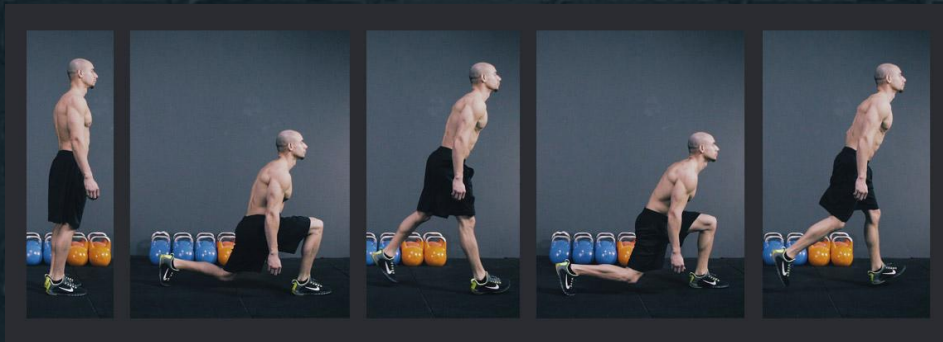
1. Burpees (60 secs)



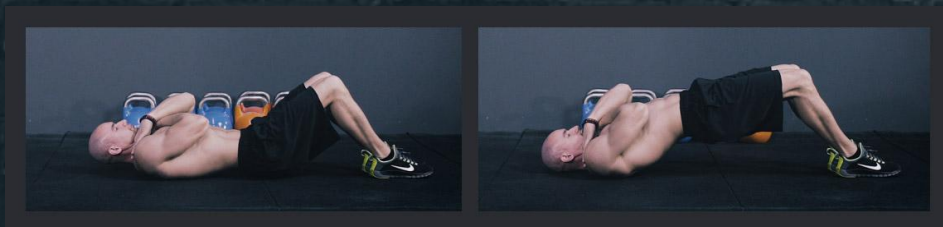
2. Leg Flutters (60 secs)



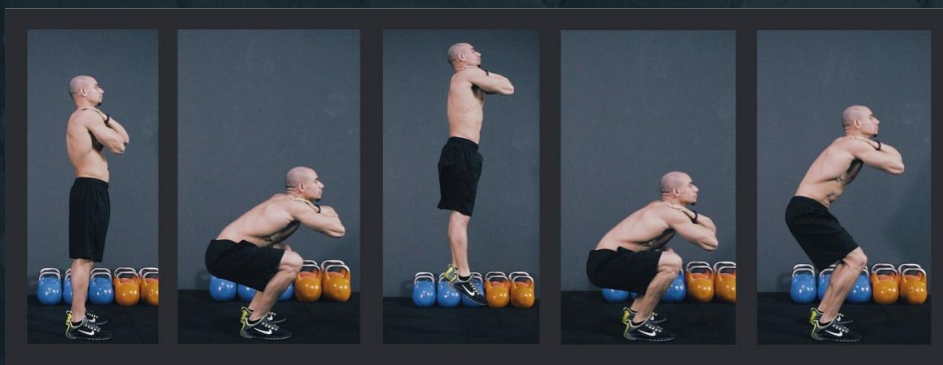
3. Jumping Lunges / Forward Lunges (60 secs)



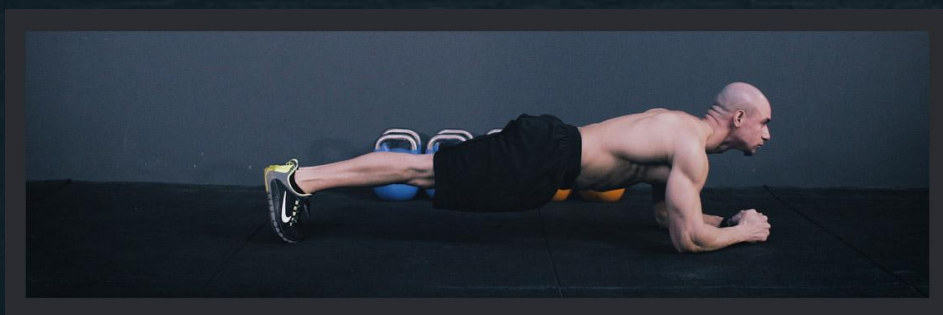
4. Glute Bridge (60 secs)



5. Squat Jumps (60 secs)



6. Plank (60secs)



WEEK 4

PROVE THEM WRONG

WORKOUT

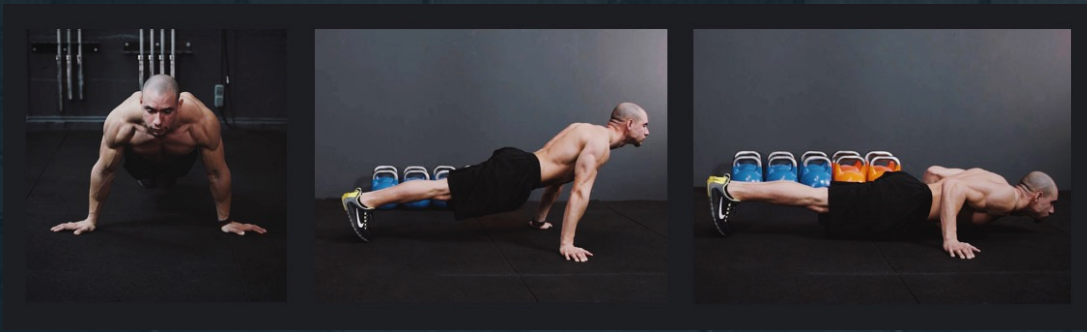
1

SKILL TRAINING:

PSEUDO PUSH-UPS

- PLANCHE PROGRESSION #2 -

Check out the perfect pseudo push-up technique.
This is the second progression to a planche:



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

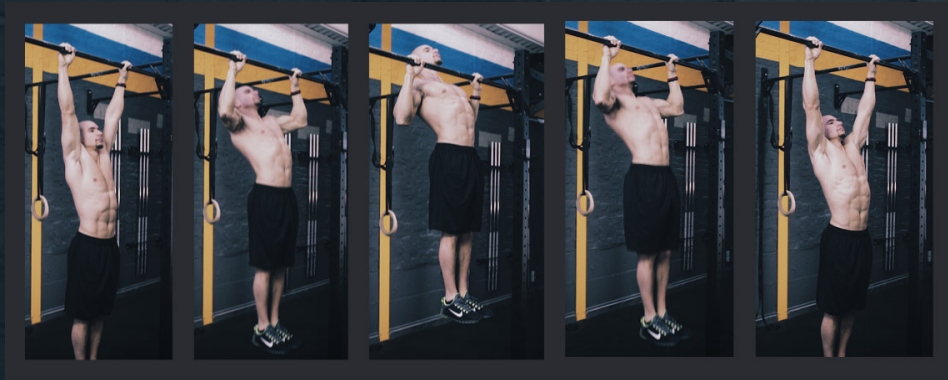
WORKOUT

1

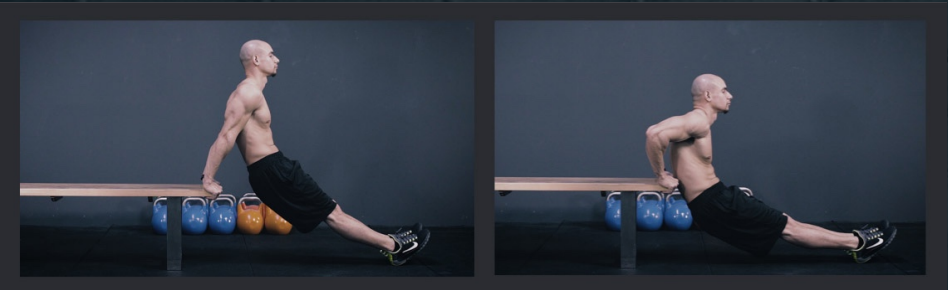
WORKOUT ROUTINE 1: AROUND THE WORLD

🔄 4 Sets with 1 min break in between

1. Pull-ups (20 reps)



2. Tricep Dips (20 reps)



3. Archer Push-ups (20 reps)



WORKOUT

1

WORKOUT ROUTINE 2: 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

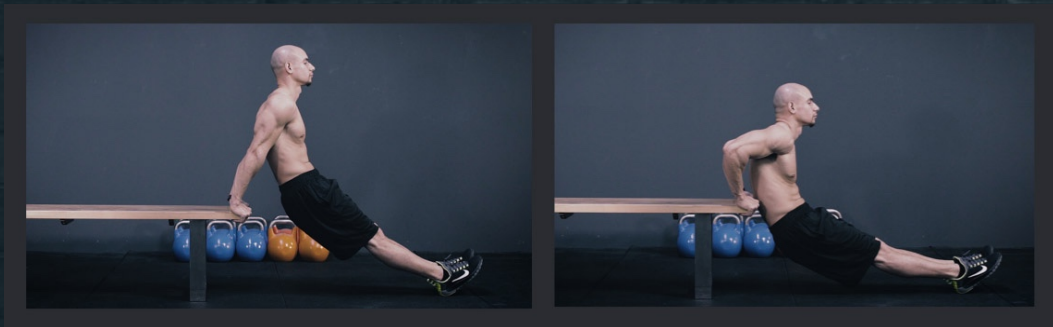
1

OPTIONAL:

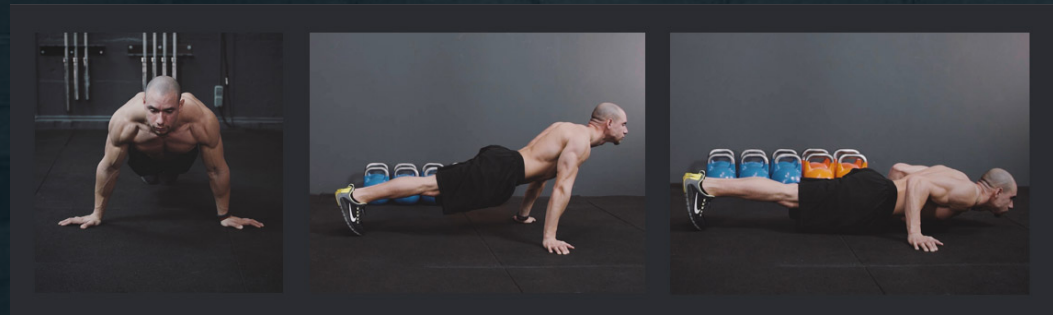
TRICEPS & CHEST BOOST

↻ 2 Sets with 30 secs break in between

1. Tricep Dips
(60 secs)



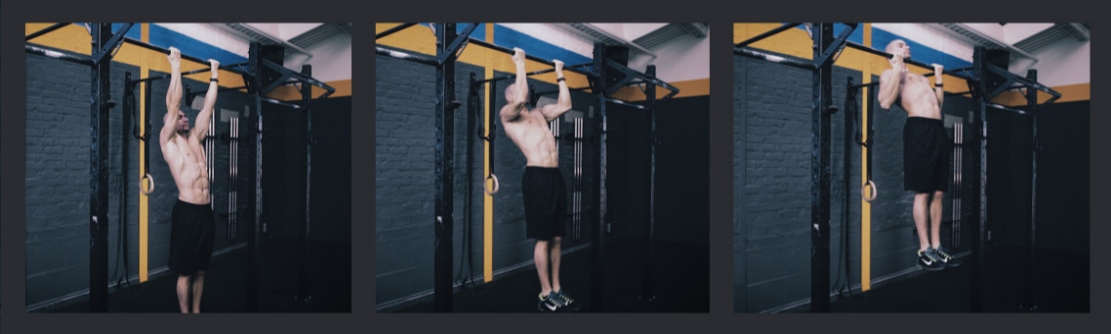
2. Pseudo Push-ups
(60 secs)



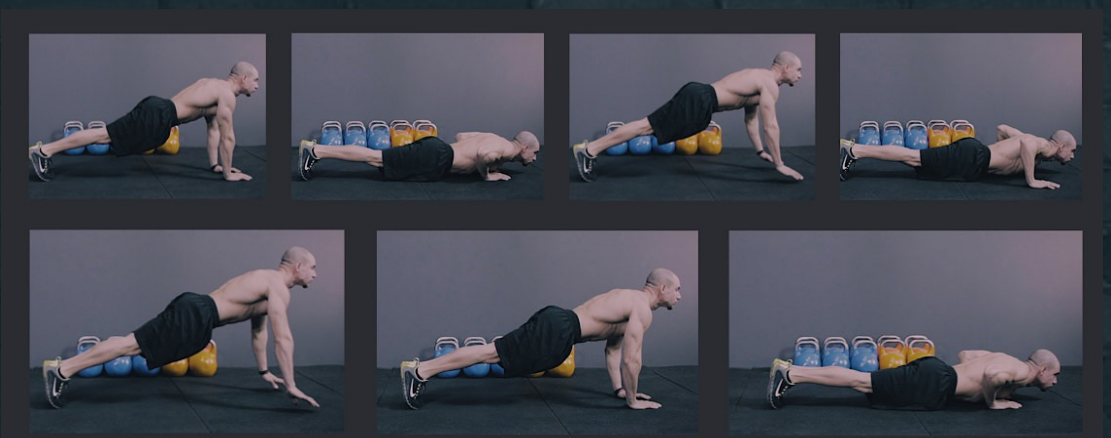
WORKOUT

1

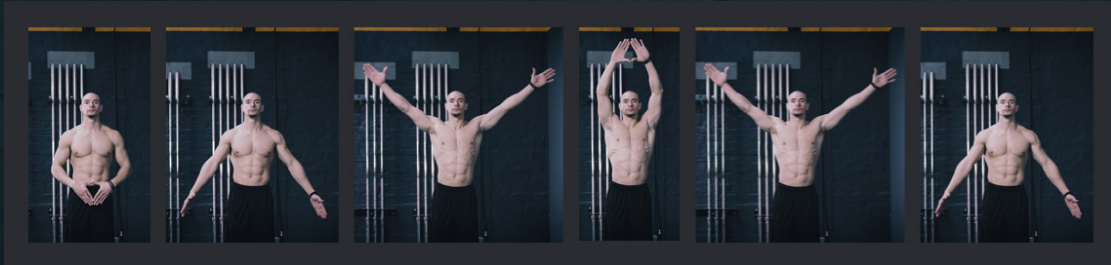
3. Chin-ups (60 secs)



4. In-and-out Push-ups (60 secs)



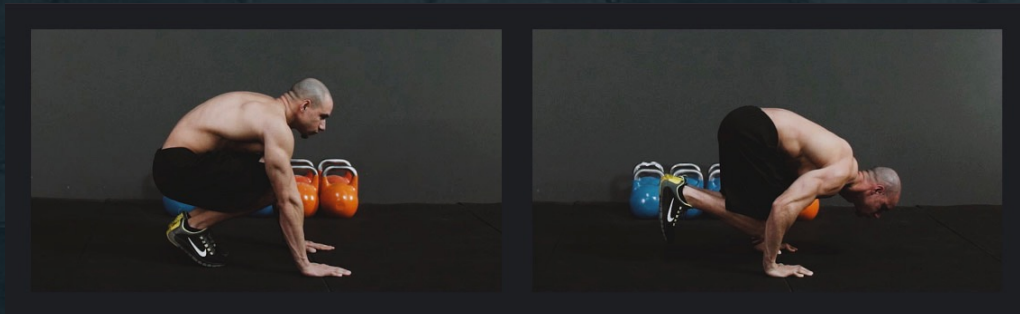
5. Shoulder Diamonds (60 secs)



SKILL TRAINING: TUCKED PLANCHE

- PLANCHE PROGRESSION #3 -

Today we will practice the tucked planche. This is the third progression to a planche:



Hold it 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.

This is a tough one! If you are struggling too much with this move, just practice Frog Stand and pseudo Push-ups until you move on to Tucked Planche.

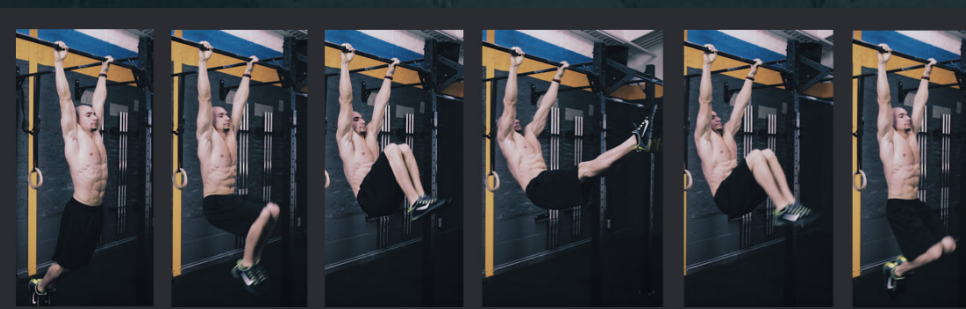
WORKOUT ROUTINE 1: THE ABINATION

🔄 5 Sets with 1 min break in between

1. Leg Raises (15 reps)




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



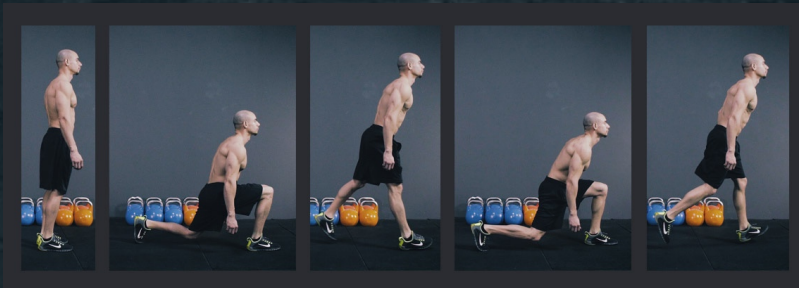
3. Knee Raises (25 reps)



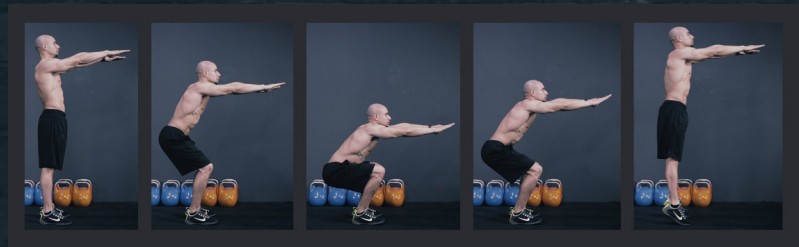
WORKOUT ROUTINE 2: BARELY WALK

 3 Sets with 1 min break in between

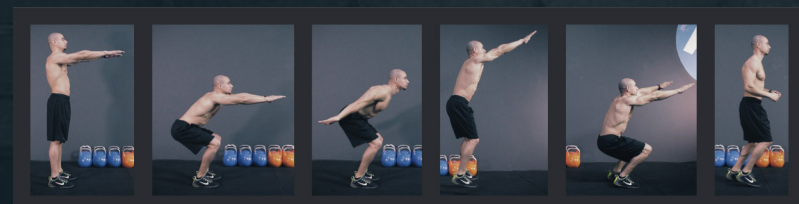
1. Lunges (40 reps)



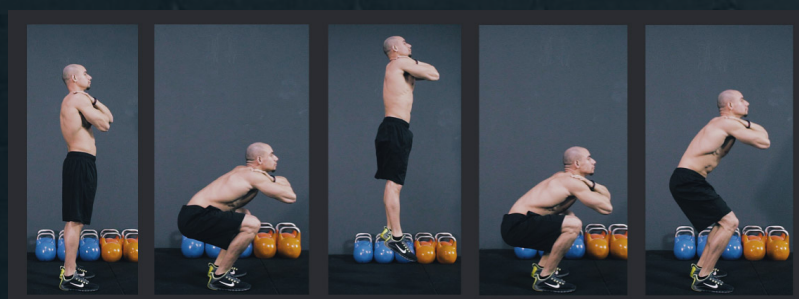
2. Squat Calf Raises (30 reps)



3. Front Jumps (20 reps)



4. Squat Jumps (20 reps)



WORKOUT

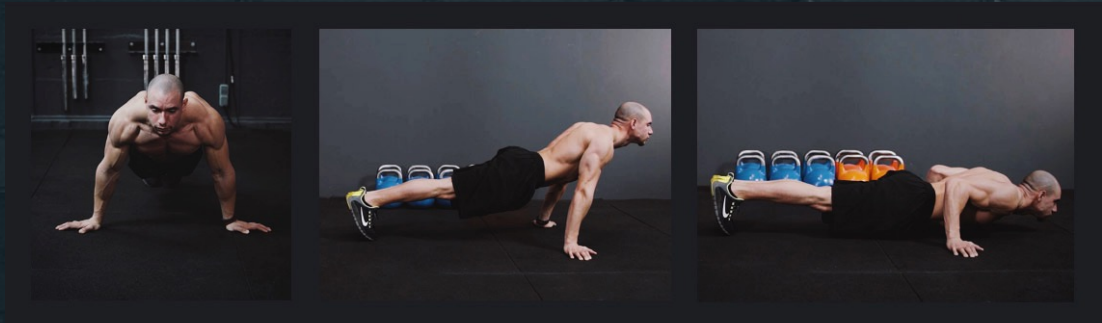
3

SKILL TRAINING:

PSEUDO PUSH-UPS

- PLANCHE PROGRESSION #2 -

Repeat the pseudo push-up to prepare yourself for the planche:



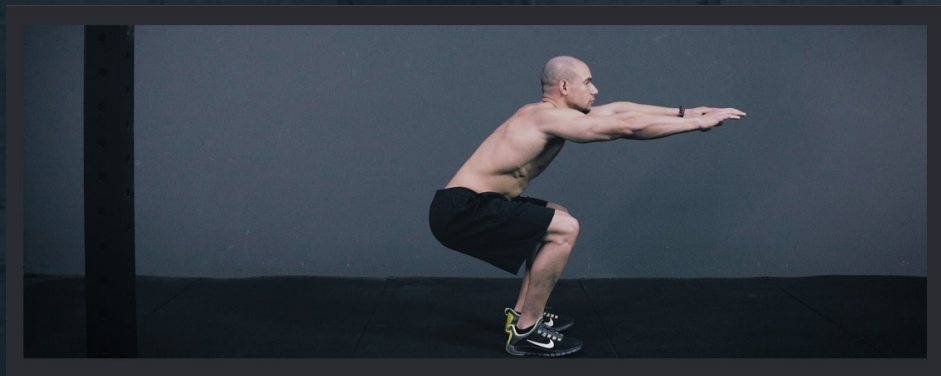
Do as many as you can for **100 seconds** and write down how many reps you could do.

WORKOUT

3

SKILL TRAINING: SQUAT SIT

Check out how a perfect squat sit should look.




Try to hold the squat sit for a **minimum 100 seconds**. Keep holding though for as long as you can and record your time.

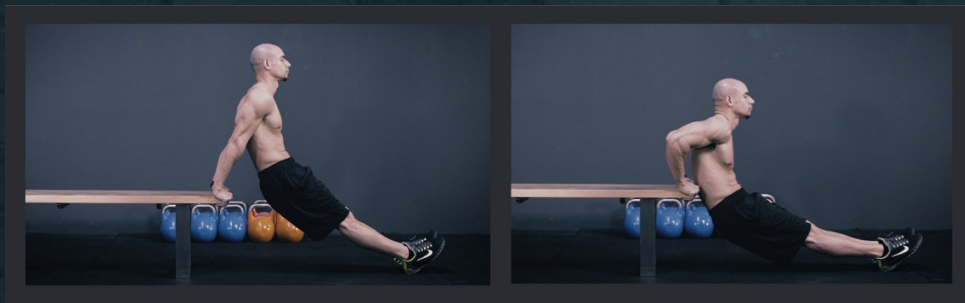
WORKOUT

3

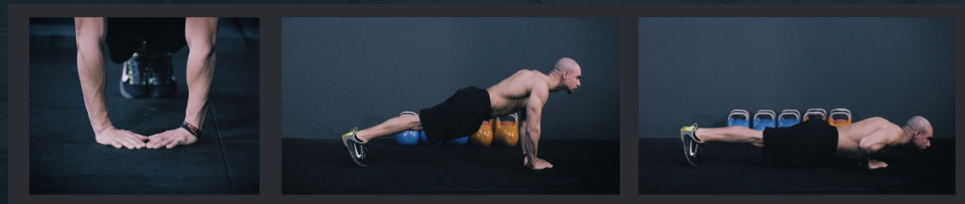
WORKOUT ROUTINE: FORT WASHINGTON

 4 Sets with 1 min break in between

1. Tricep Dips
(20 reps)



2. Diamond Push-ups
(20 reps)



WORKOUT

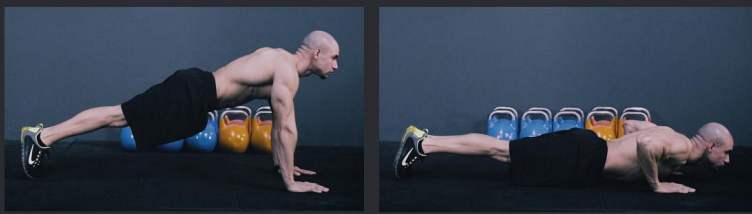
3

WORKOUT ROUTINE:

GIZA

↻ 3 Sets with 1 min break in between

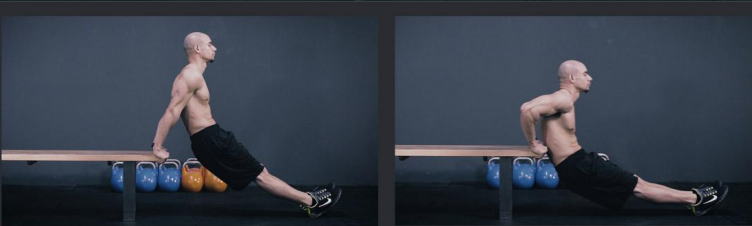
1. Push-ups
(60 secs)



2. Plank
(60 secs)



3. Tricep Dips
(60 secs)



4. Glute Bridge
(60 secs)



SKILL TRAINING & CHALLENGE #2: CLAP PULL-UPS

Time for another awesome BTX Challenge: The Clap Pull-ups!



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

Make sure to post your results as a video on social media with the hashtag #btxclapper!

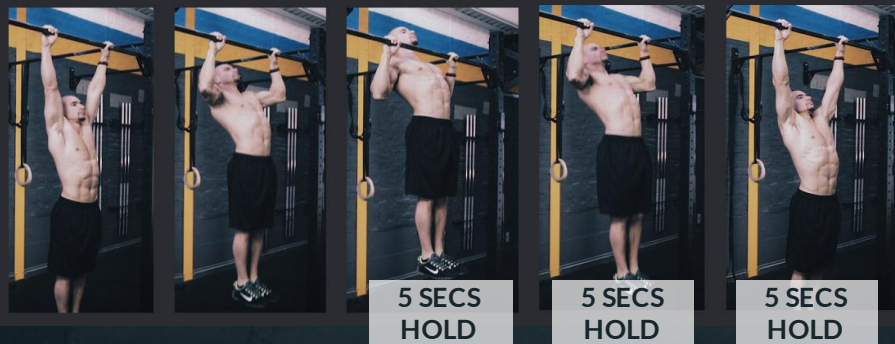
WORKOUT ROUTINE: PULL-UP & PUSH-UP MIXER

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

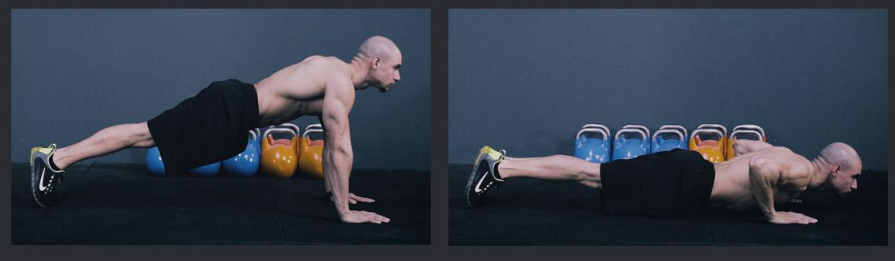
1. Pull-ups or Negative Chin-ups (1 rep)



2. Pull-up hold (1 rep)



3. Push-ups (10 reps)

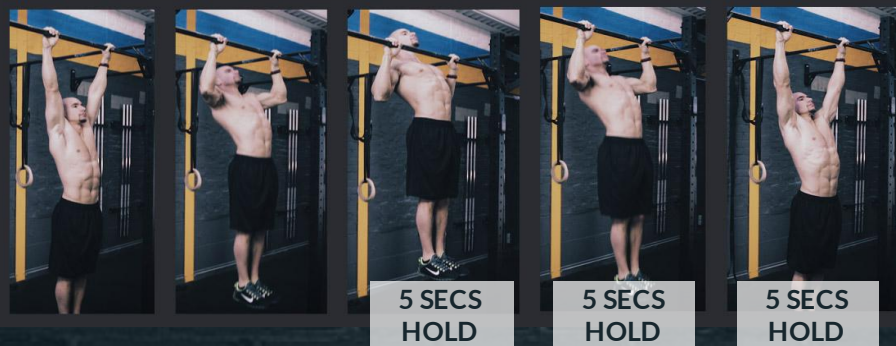


1 MIN BREAK

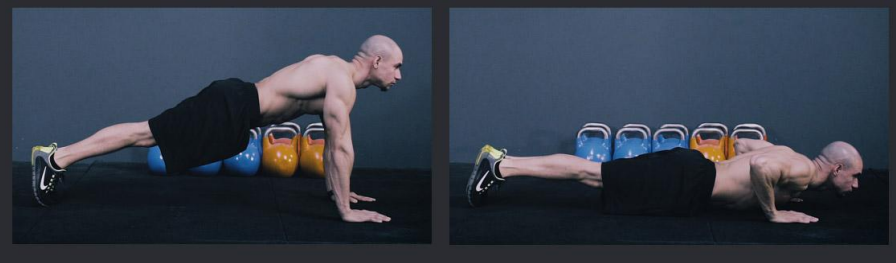
1. Pull-ups or Negative Chin-ups (2 reps)



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

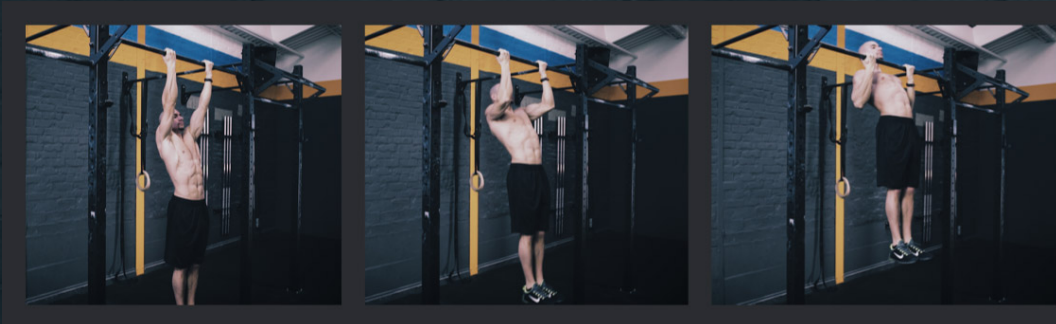
... and so on.

Write down how many sets you could do.

WORKOUT ROUTINE: WADSWORTH

🔄 5 Sets with 1 min break in between

1. Chin-ups (10 reps)



2. Archer Push-ups (10 reps)

