

Workout Guide

BARSTARZZ

BTX



WEEK 5 - 8

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

WORKOUTS

WEEK 5 - 8

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 second 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 5

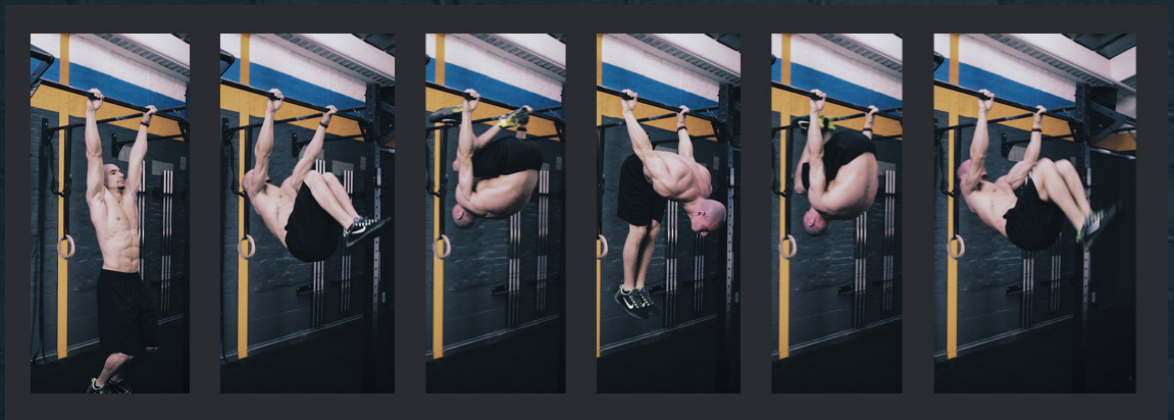
MAKE IT HAPPEN

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:



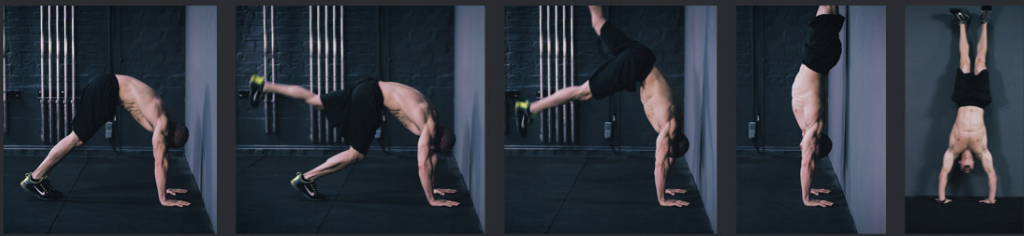
Repeat this as many times as you can for **100 seconds** and write down how many reps you could do.

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.

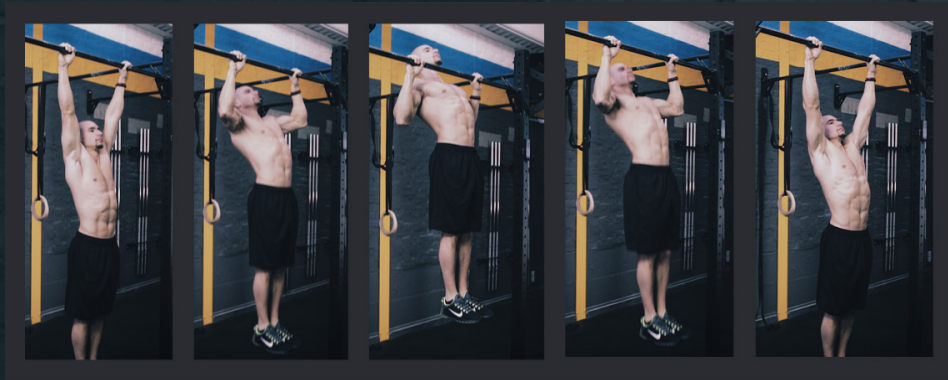
WORKOUT

1

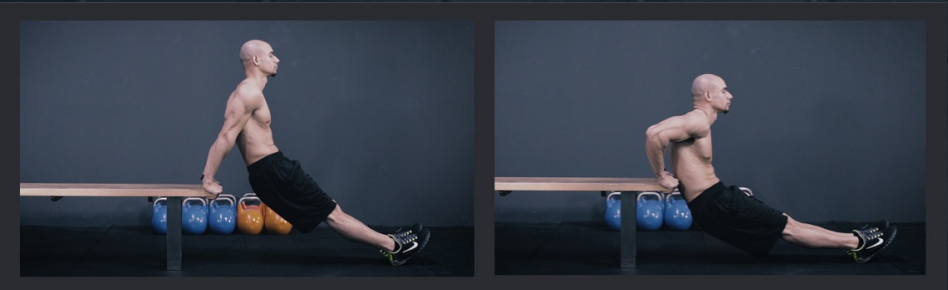
WORKOUT ROUTINE: AROUND THE WORLD

🔄 4 Sets with 1 min break in between

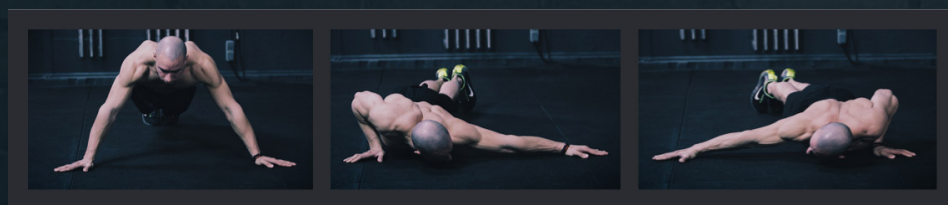
1. Pull-ups (20 reps)



2. Tricep Dips (20 reps)



3. Archer Push-ups (20 reps)



WORKOUT

1

OPTIONAL: BROADWAY

🔄 3 Sets with 1 min break in between

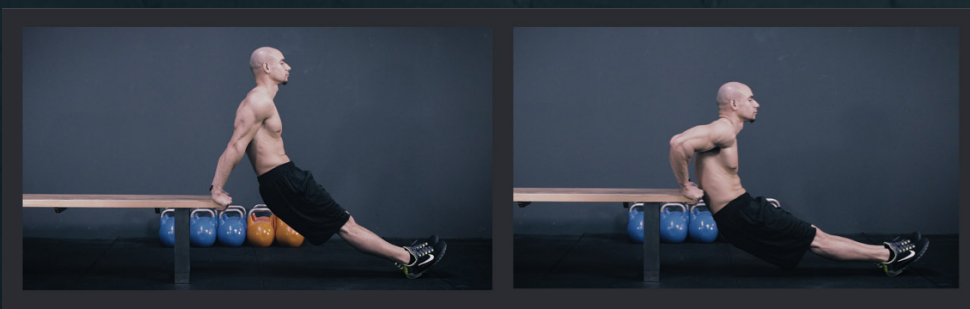
1. Shoulder Diamonds (100 reps)



2. Pull-ups (10 reps)



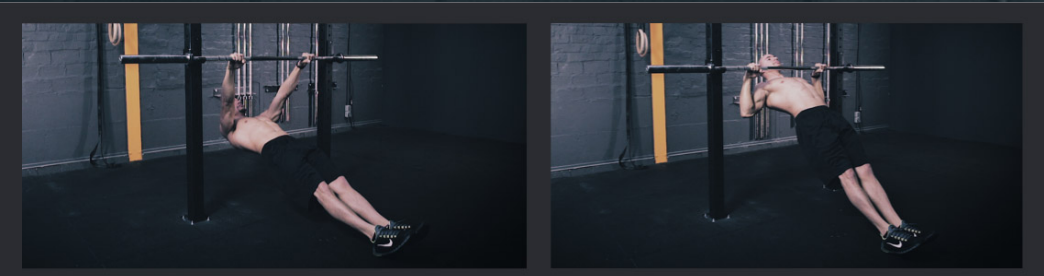
3. Tricep Dips (20 reps)



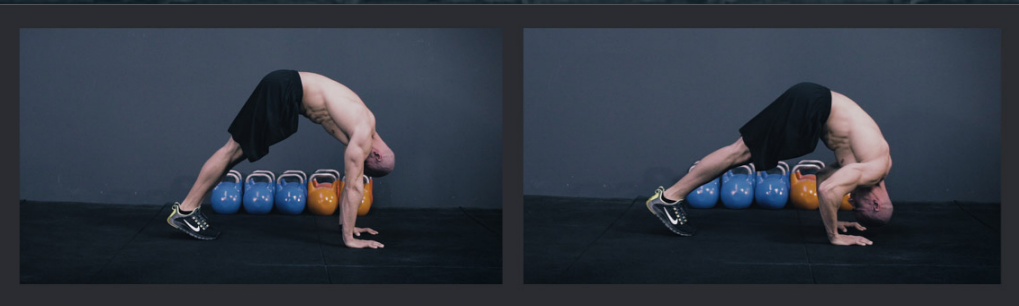
WORKOUT

1

4. Bodyweight Rows (20 reps)

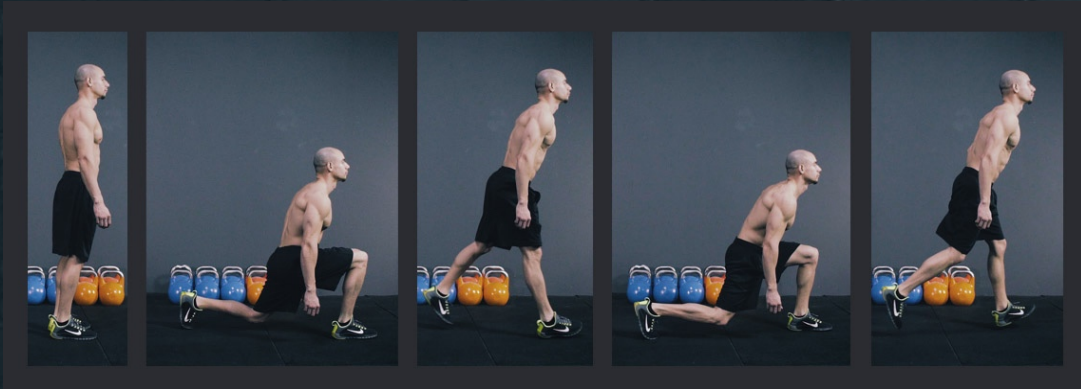


5. Pike Push-ups (20 reps)




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.

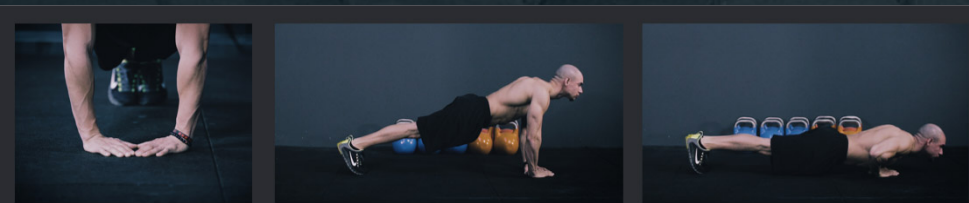
WORKOUT ROUTINE 1: CABRINI CHEST

 3 Sets with 1 min break in between

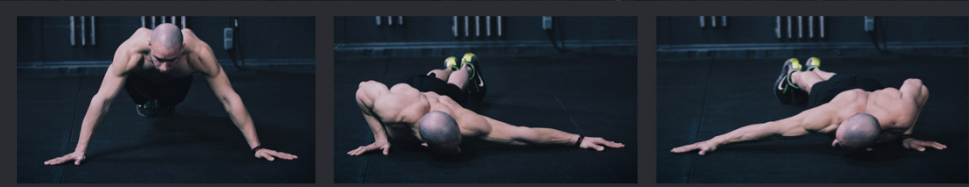
1. Push-ups (10 reps)



2. Diamond Push-ups (10 reps)



3. Archer Push-ups (10 reps)



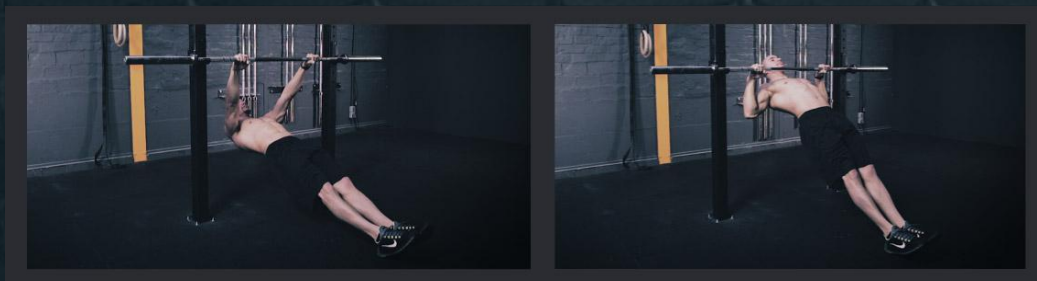
WORKOUT ROUTINE 2: WASH HEIGHTS WARRIOR

↻ 3 Sets with 1 min break in between

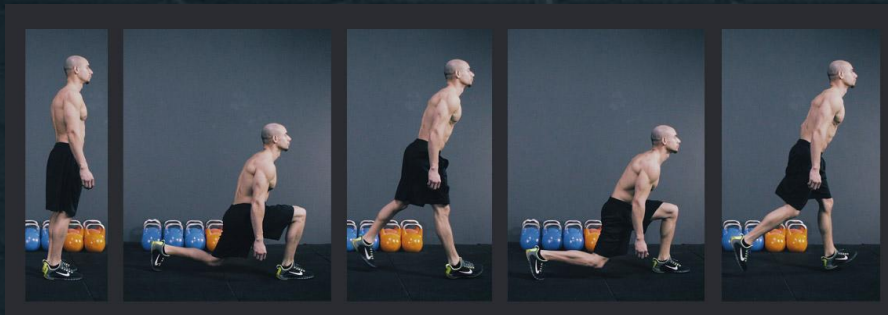
1. Squat Jumps (60 secs)



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.

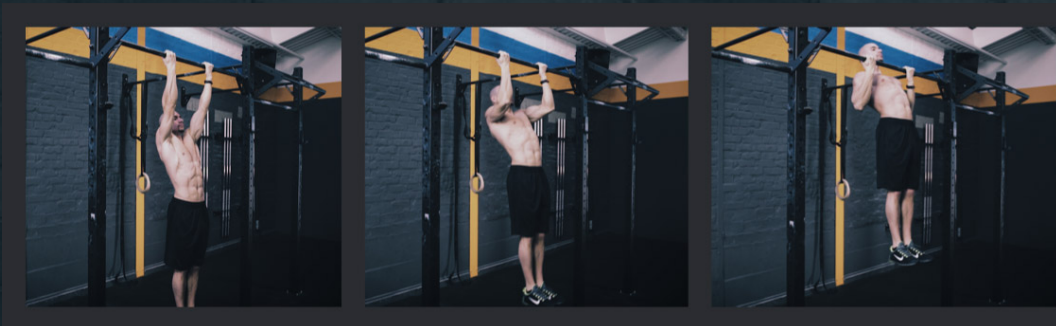
WORKOUT

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)

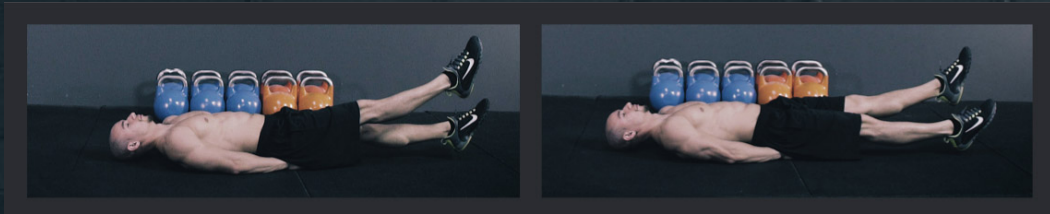


3. Side Plank - Both Sides (30 secs each side)



SKILL TRAINING: LEG FLUTTERS

Today we will practice the Leg Flutters:

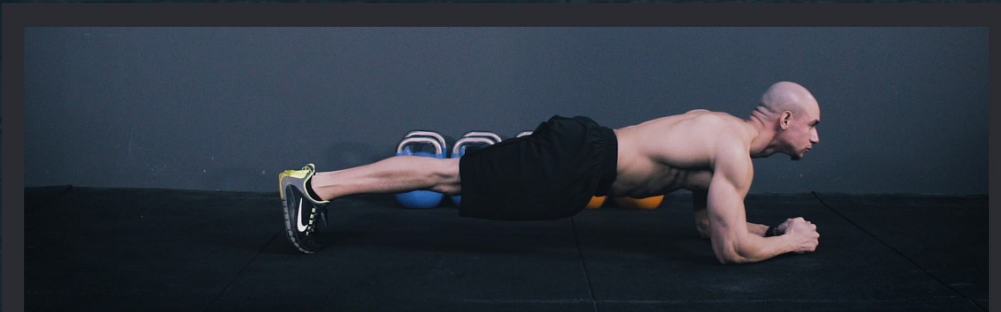


Repeat the exercise for **min. 100 seconds** and keep going for as long as you can. Write down how long you could execute the exercise with good form.

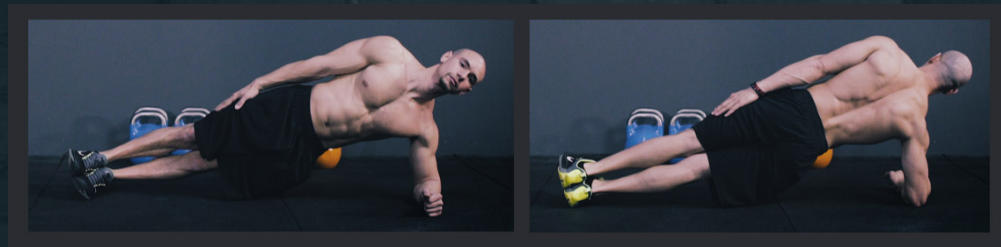
WORKOUT ROUTINE: RIVERSIDE

🔄 3 Sets with 1 min break in between

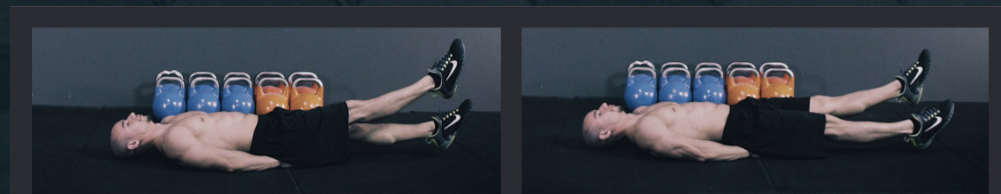
1. Plank
(60 secs)



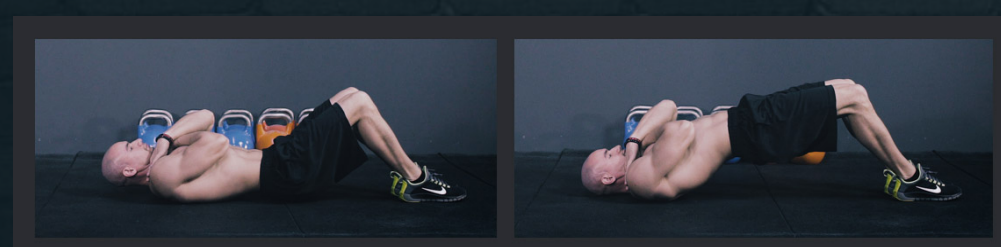
2. Side Plank – Both Sides
(60 secs each side)



3. Leg Flutters
(60 secs)



4. Glute Bridge
(60 secs)



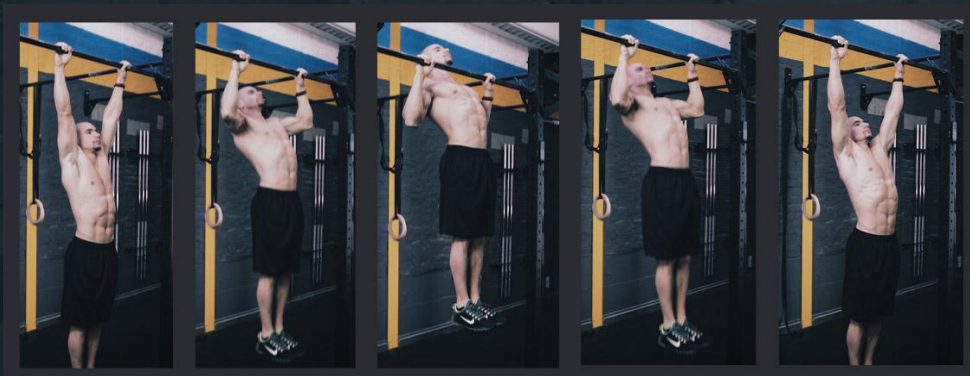
OPTIONAL: UPPER BODY BOOST

🔄 2 Sets with 30 secs break in between

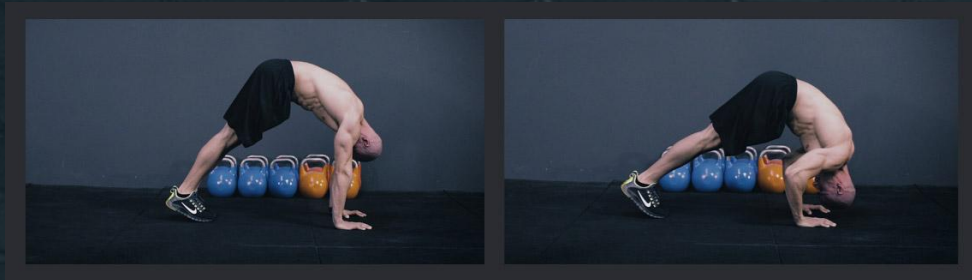
1. Diamond Push-ups (60 secs)



2. Pull-ups (60 secs)



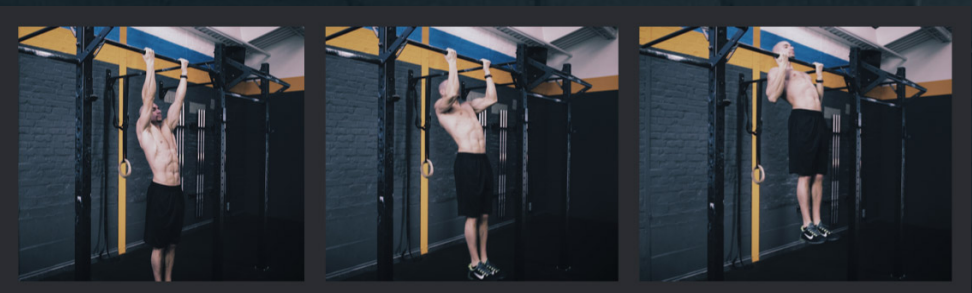
3. Pike Push-ups
(60 secs)



4. Knee Raises
(60 secs)



5. Chin-ups
(60 secs)



WEEK 6

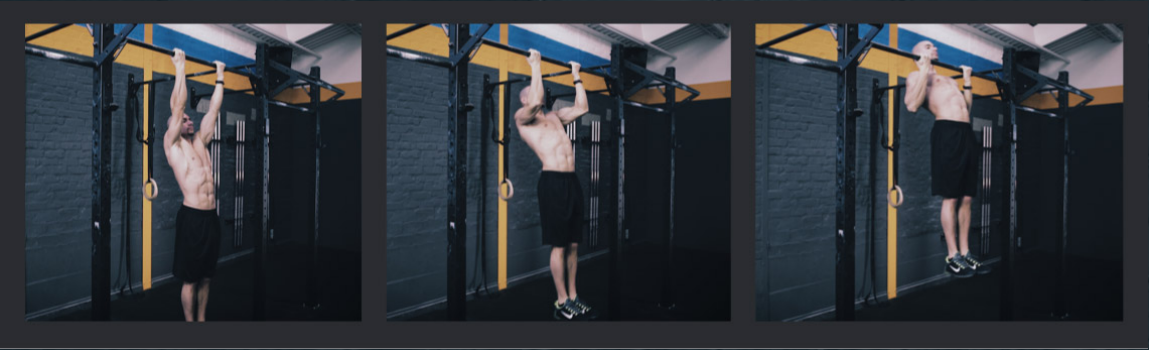
TOO FIT TO QUIT

WORKOUT

1

SKILL TRAINING: CHIN-UPS

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



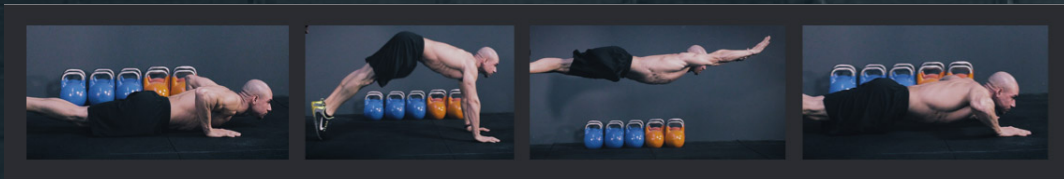
Do as many as you can for **100 seconds** and write down how many reps you could do.

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

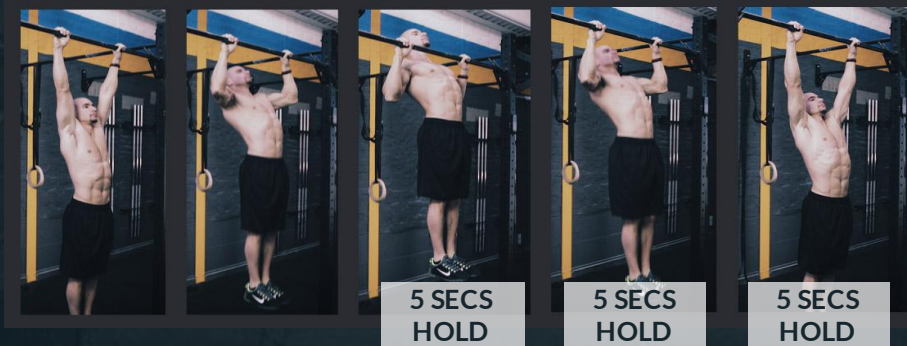
WORKOUT ROUTINE 1: PULL-UP & PUSH-UP MIXER

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

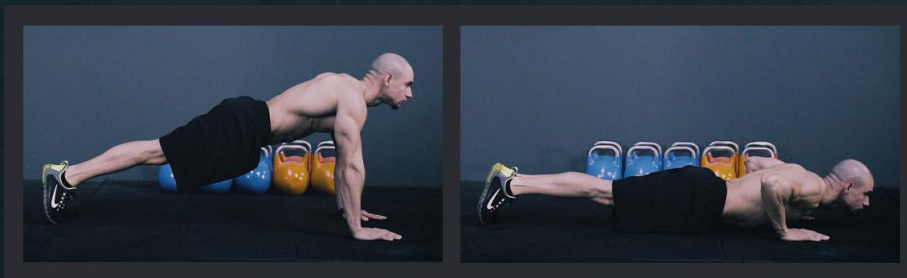
1. Pull-ups or Negative Chin-ups (1 rep)



2. Pull-up hold (1 rep)



3. Push-ups (10 reps)



1 MIN BREAK

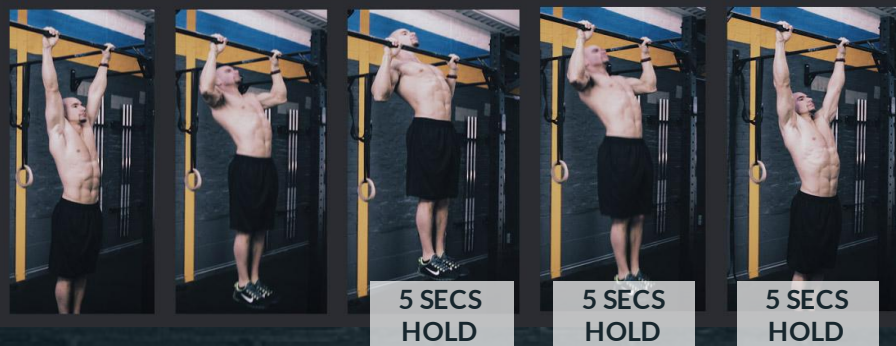
WORKOUT

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.

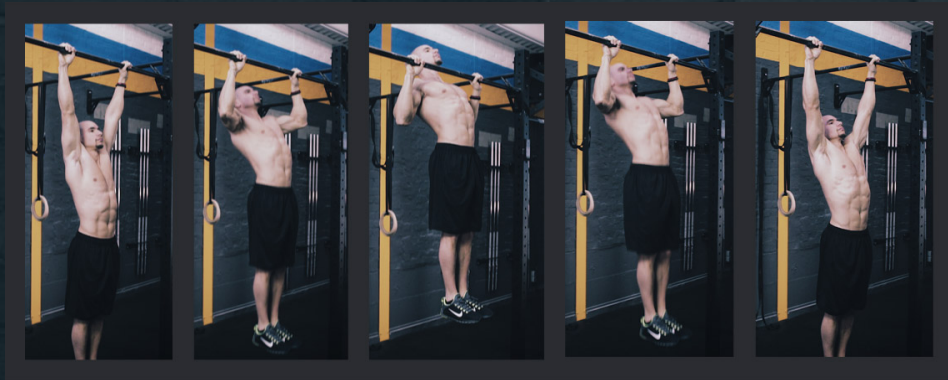
WORKOUT

1

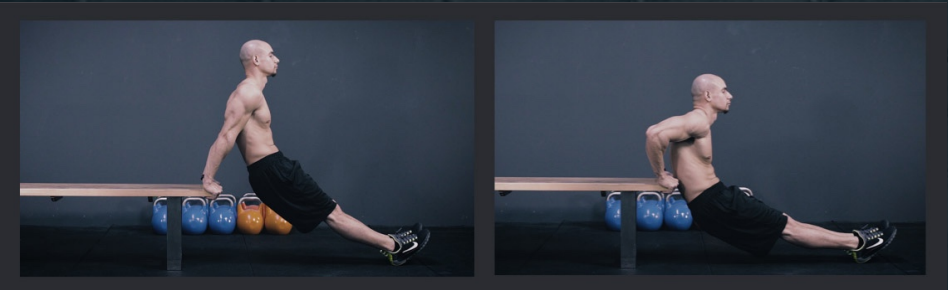
WORKOUT ROUTINE 2: AROUND THE WORLD

🔄 4 Sets with 1 min break in between

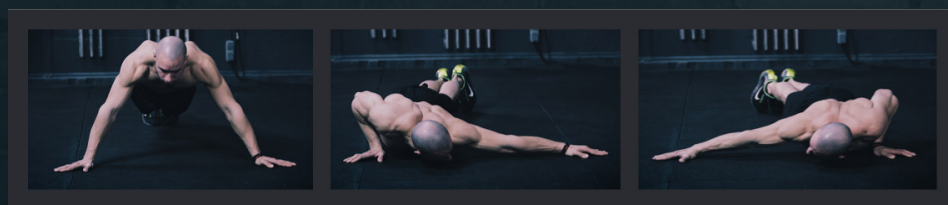
1. Pull-ups (20 reps)



2. Tricep Dips (20 reps)

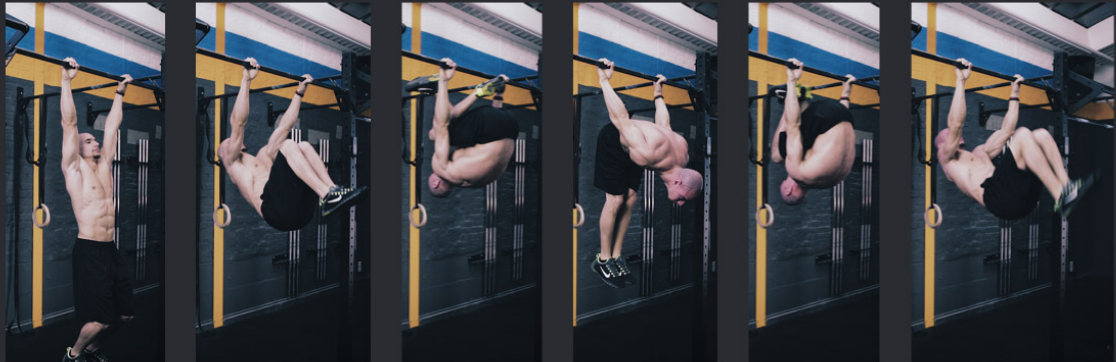


3. Archer Push-ups (20 reps)




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:

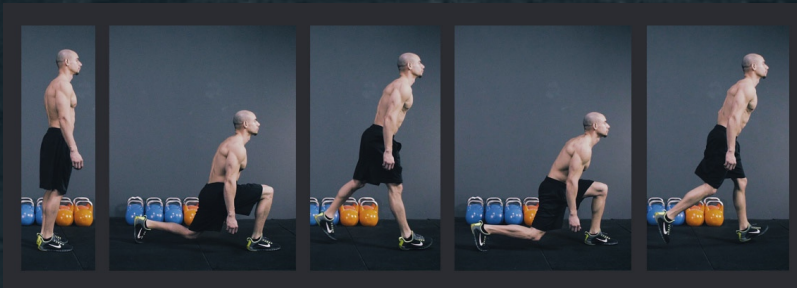


Repeat this as many times as you can for **100 seconds** and write down how many reps you could do.

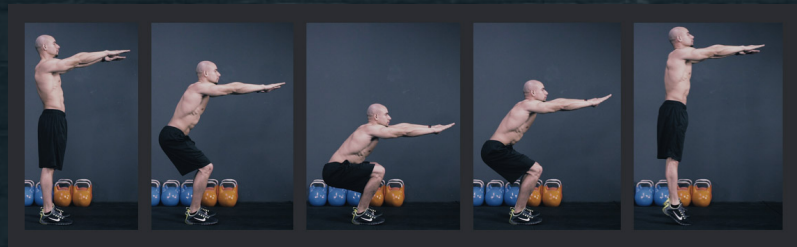
WORKOUT ROUTINE: BARELY WALK

 3 Sets with 1 min break in between

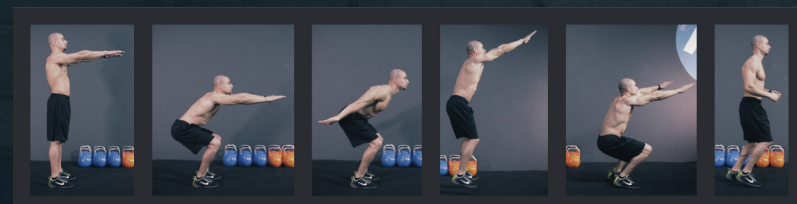
1. Lunges (40 reps)



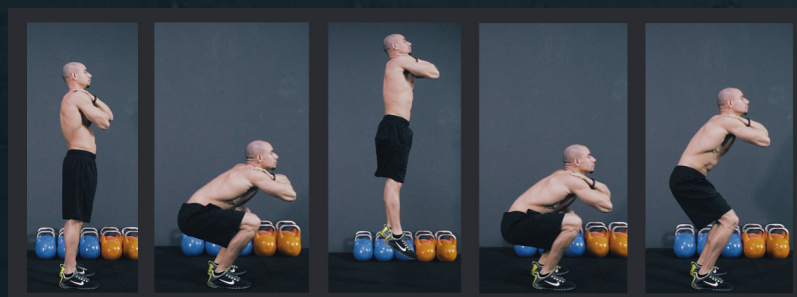
2. Squat Calf Raises (30 reps)



3. Front Jumps (20 reps)



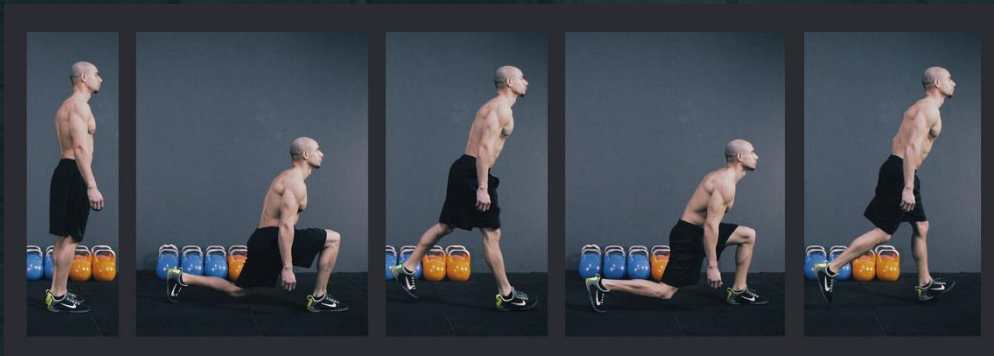
4. Squat Jumps (20 reps)



OPTIONAL: LEGS & CARDIO BOOST

🔄 3 Sets with 30 secs break in between

1. Jumping Lunges / Forward Lunges (30 secs)



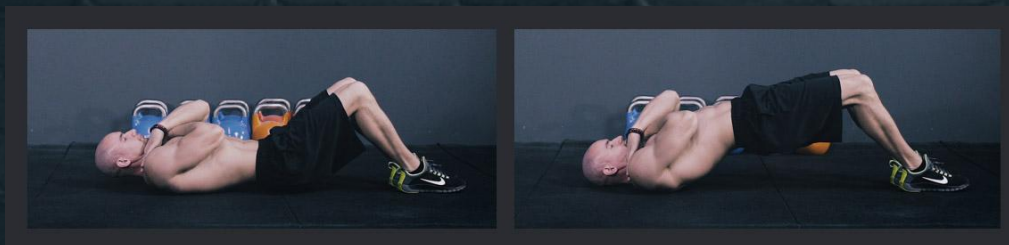
2. Leg Flutters (30 secs)



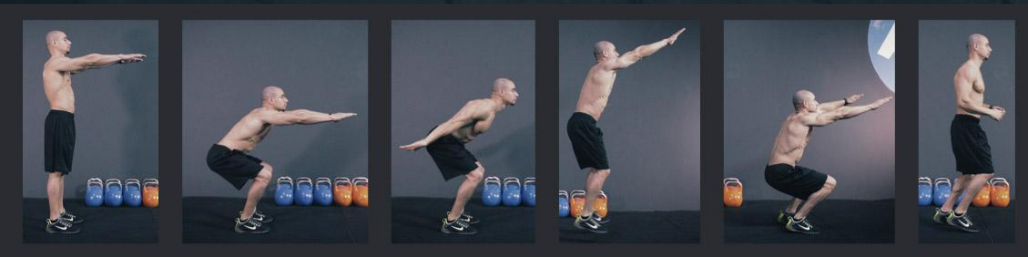
3. Squat Sit (30 secs)



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

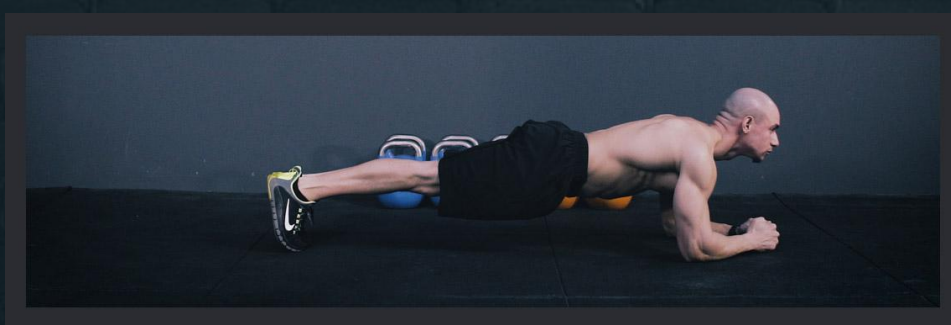
WORKOUT ROUTINE: AMSTERDAM

🔄 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

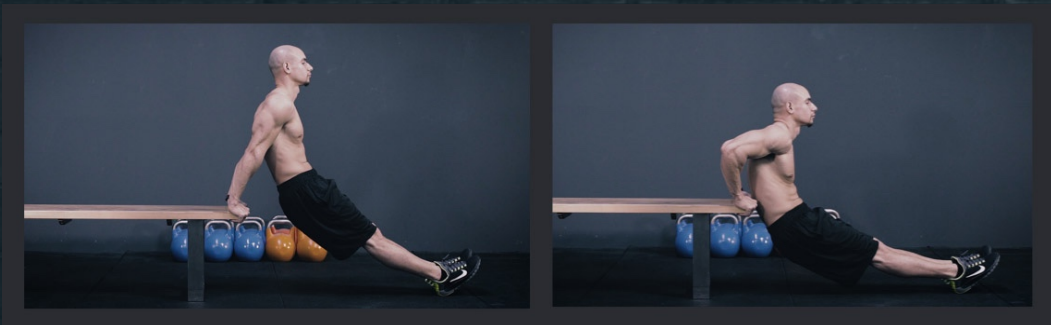
3

OPTIONAL:

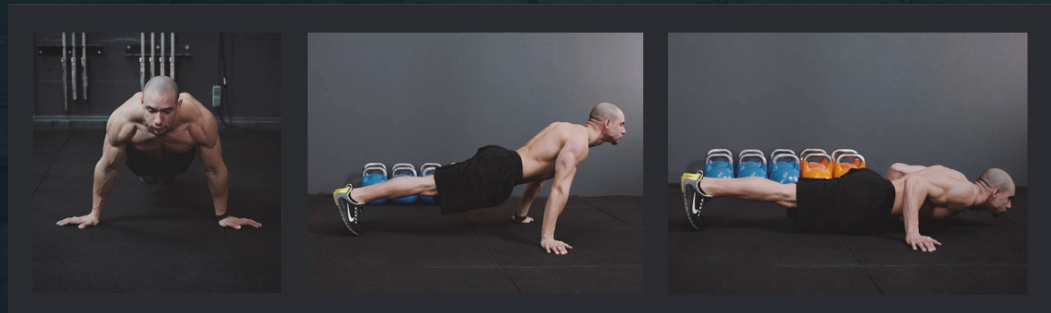
TRICEPS & CHEST BOOST

 2 Sets with 30 secs break in between

1. Tricep Dips
(60 secs)



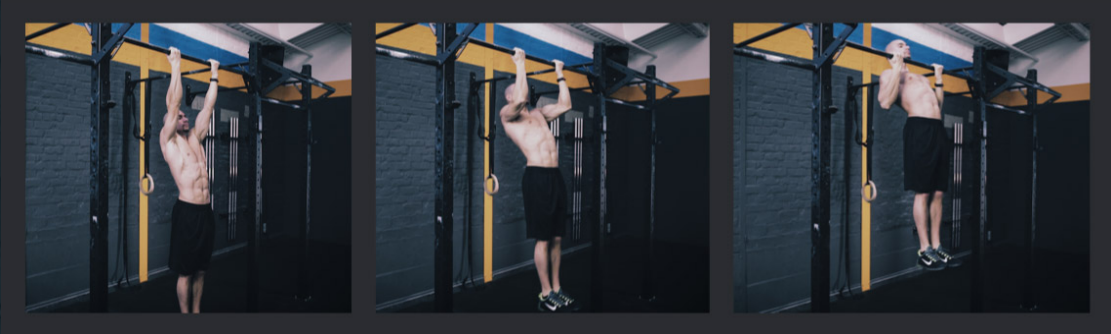
2. Pseudo Push-ups
(60 secs)



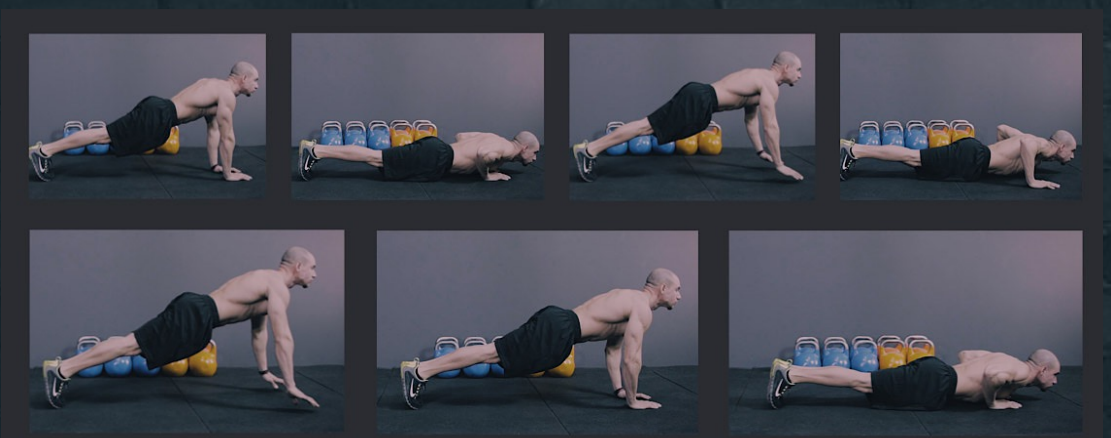
WORKOUT

3

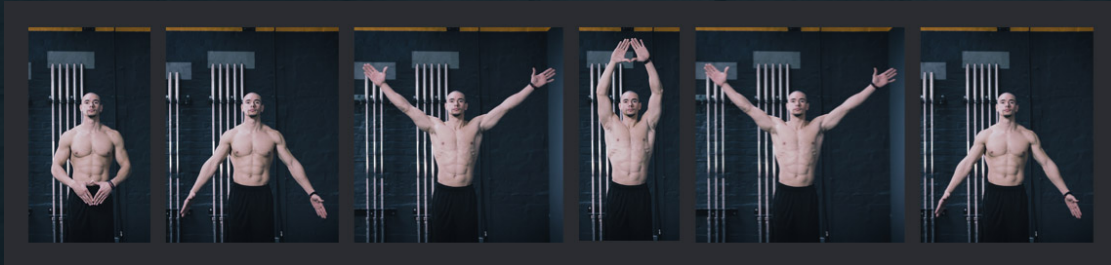
3. Chin-ups (60 secs)



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

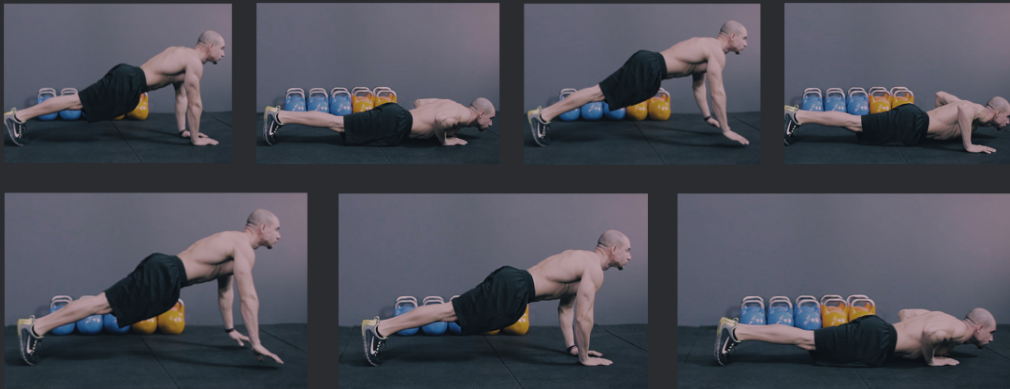


5. Shoulder Diamonds (60 secs)




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

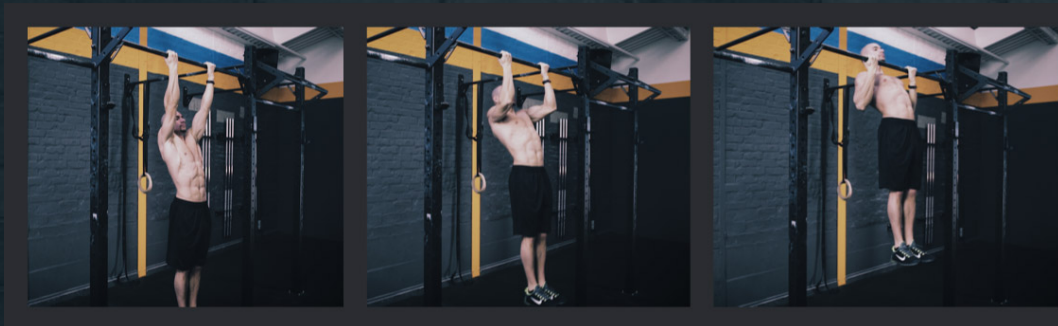


Do as many as you can for **100 seconds** take a video of it. Post it with the hashtag #btxinandout on Facebook or Instagram. Looking forward to your results!

WORKOUT ROUTINE 1: WADSWORTH

 5 Sets with 1 min break in between

1. Chin-ups (10 reps)



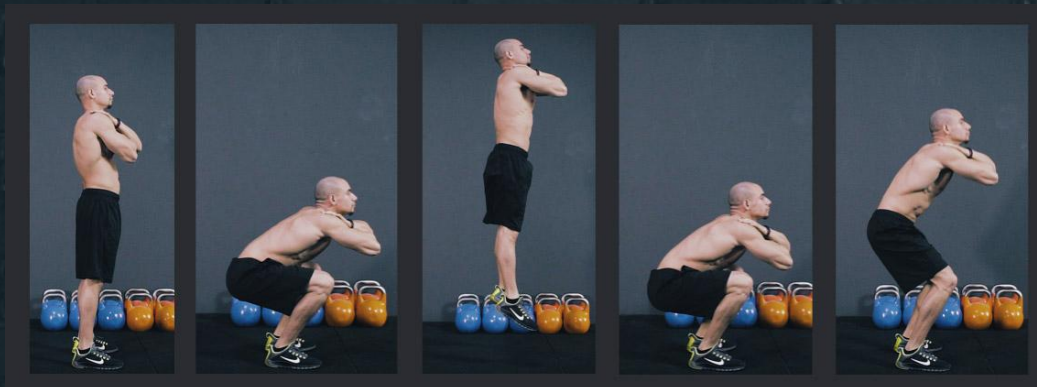
2. Archer Push-ups (10 reps)



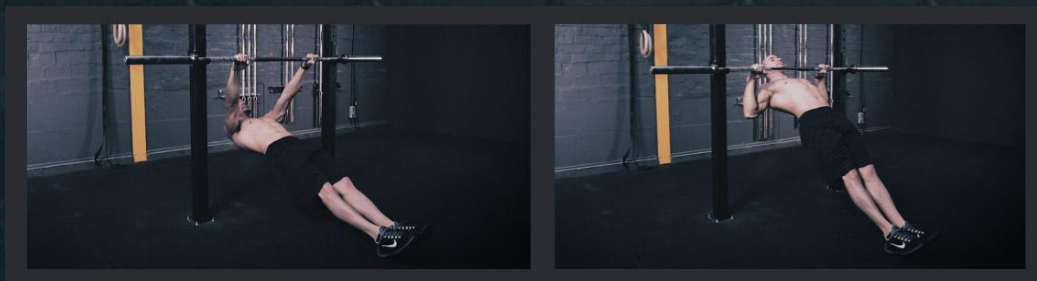
WORKOUT ROUTINE 2: WASH HEIGHTS WARRIOR

↻ 3 Sets with 1 min break in between

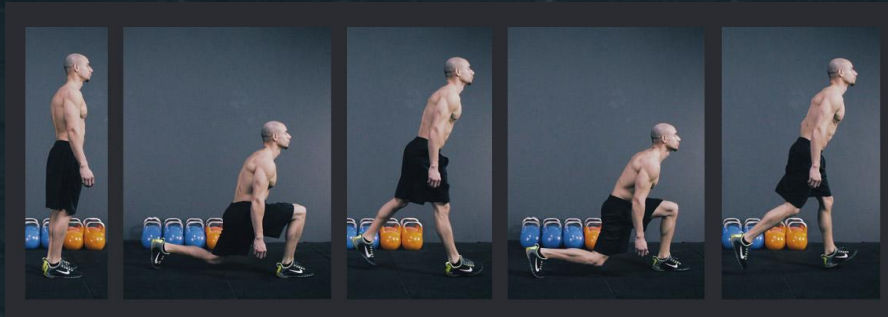
1. Squat Jumps (60 secs)



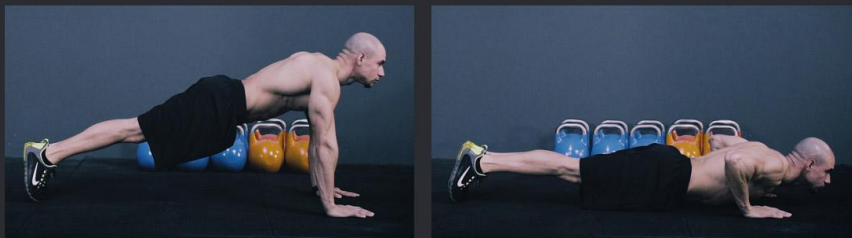
2. Bodyweight Rows (60 secs)



3. Jumping Lunges / Forward Lunges (60 secs)



4. Push-ups (60 secs)



5. Burpees (60 secs)



WEEK 7

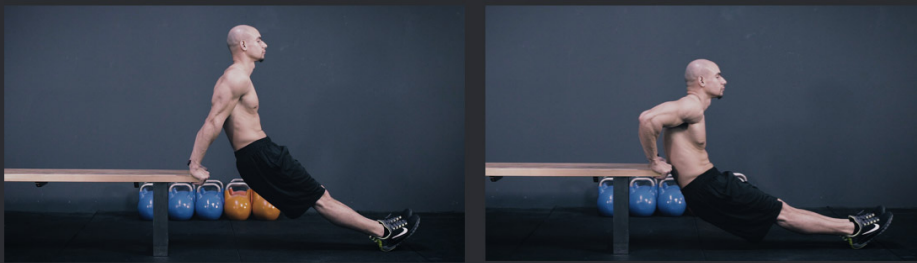
IT'S JUST YOU AGAINST YOU

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.

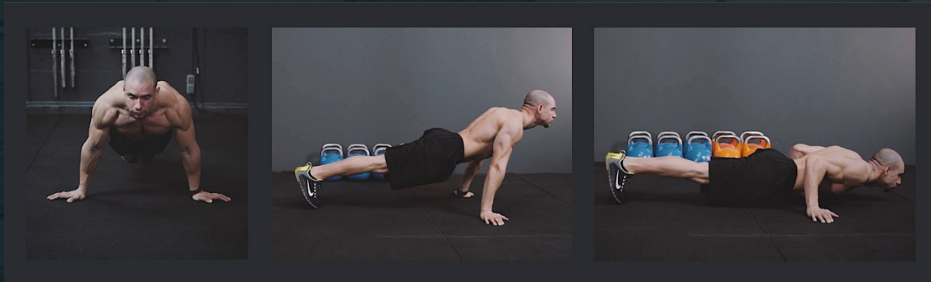
WORKOUT

1

WORKOUT ROUTINE 1: TOKYO

🔄 3 Sets with 1 min break in between

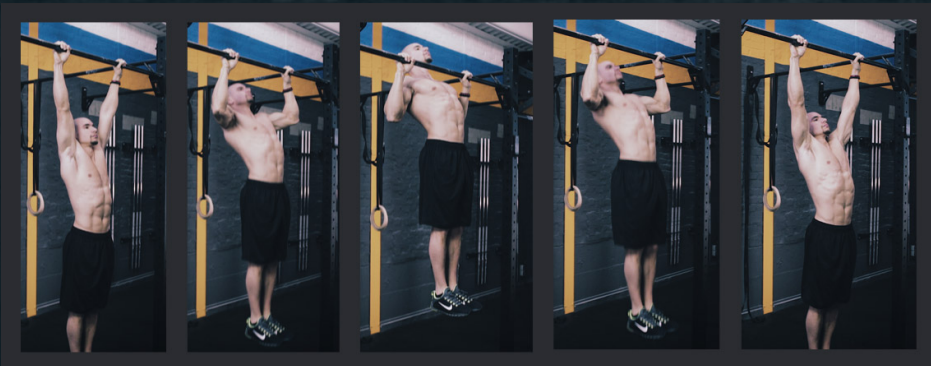
1. Pseudo Push-ups (10 reps)



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

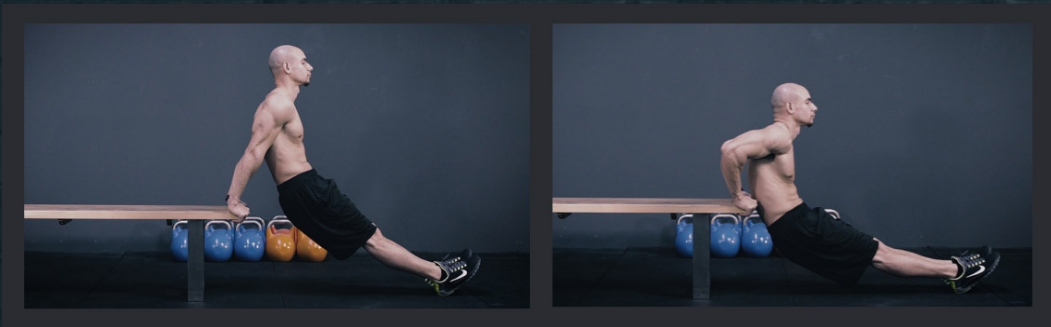
1

OPTIONAL:

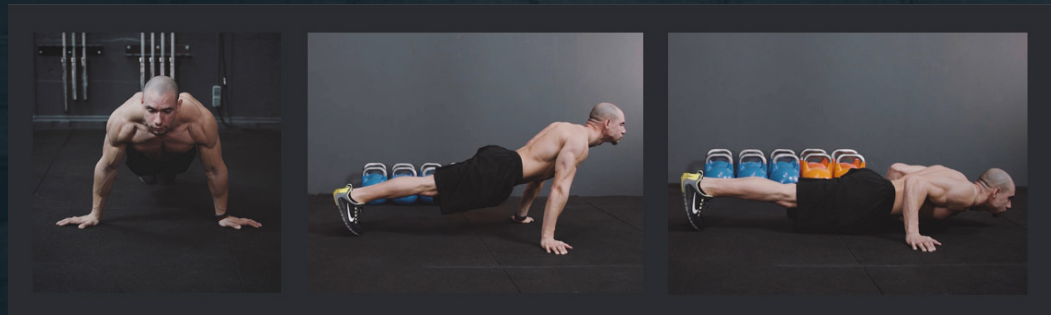
TRICEPS & CHEST BOOST

↻ 2 Sets with 30 secs break in between

1. Tricep Dips
(60 secs)



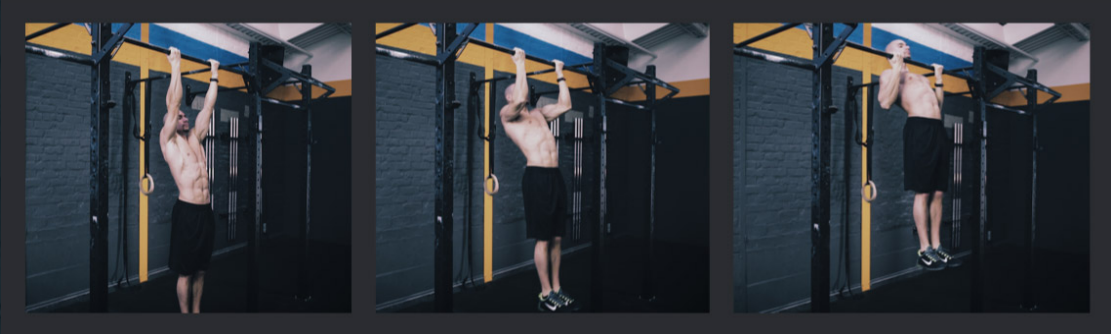
2. Pseudo Push-ups
(60 secs)



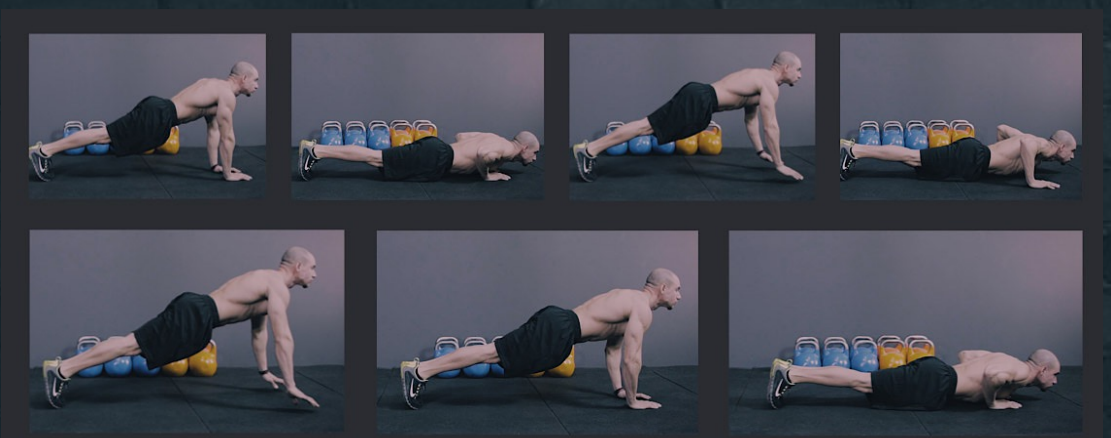
WORKOUT

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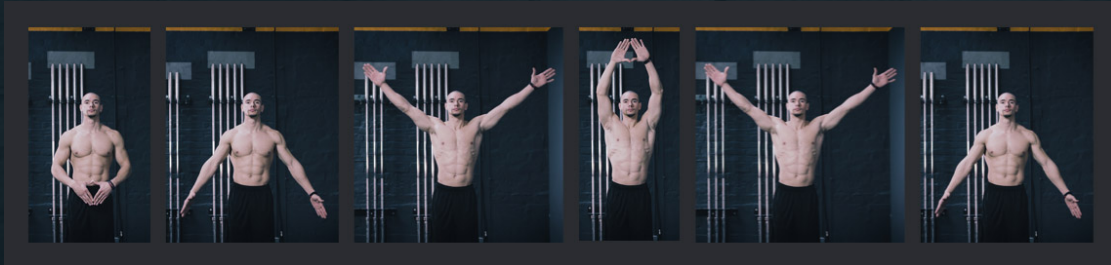
3. Chin-ups (60 secs)



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

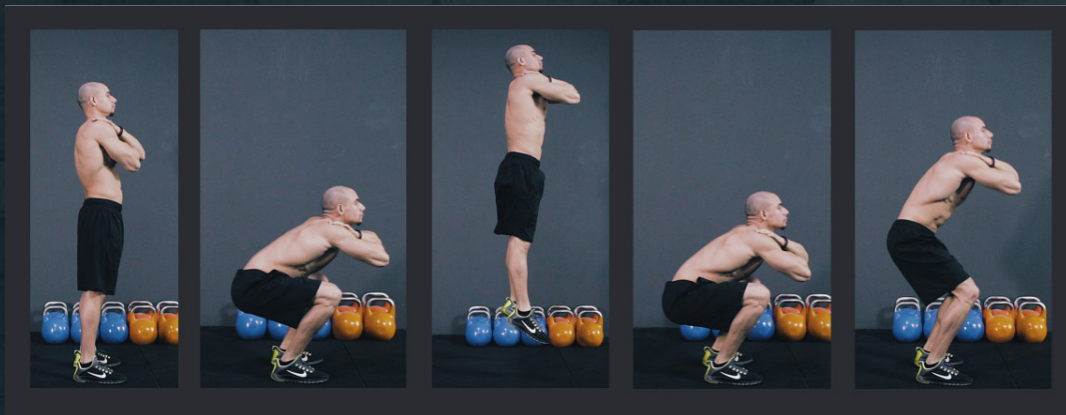


5. Shoulder Diamonds (60 secs)



SKILL TRAINING: SQUAT JUMPS

Check out how a squat jump should look:

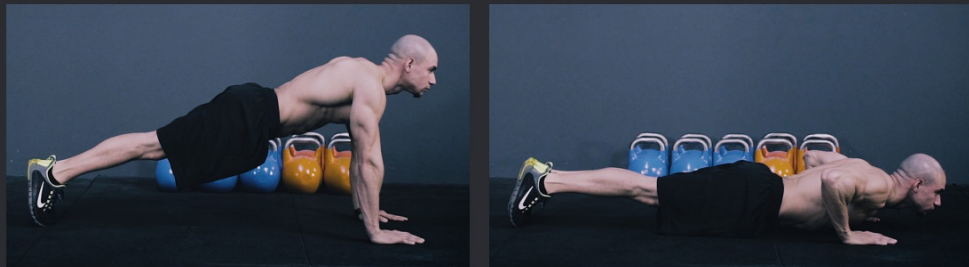


Do as many CLEAN squat jumps as you can for **100 seconds** and write down how many reps you could do.

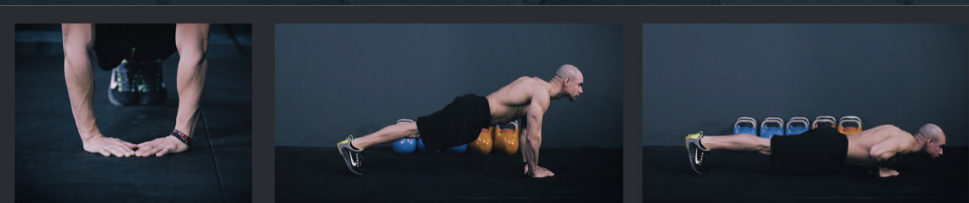
WORKOUT ROUTINE 1: CABRINI CHEST

🔄 3 Sets with 1 min break in between

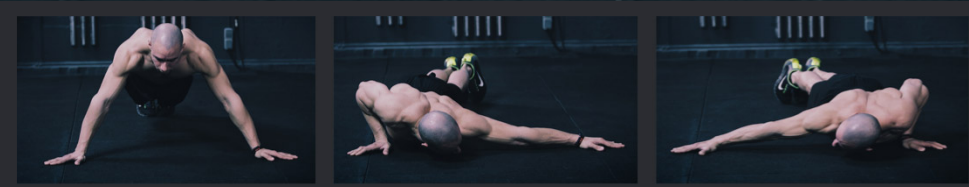
1. Push-ups (10 reps)



2. Diamond Push-ups (10 reps)



3. Archer Push-ups (10 reps)



WORKOUT ROUTINE 2: VERMILYA

🔄 4 Sets with 1 min break in between

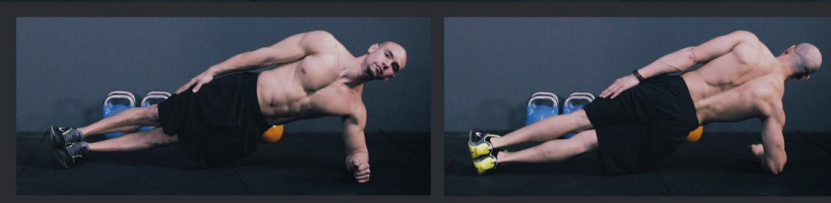
1. Push-ups (20 reps)



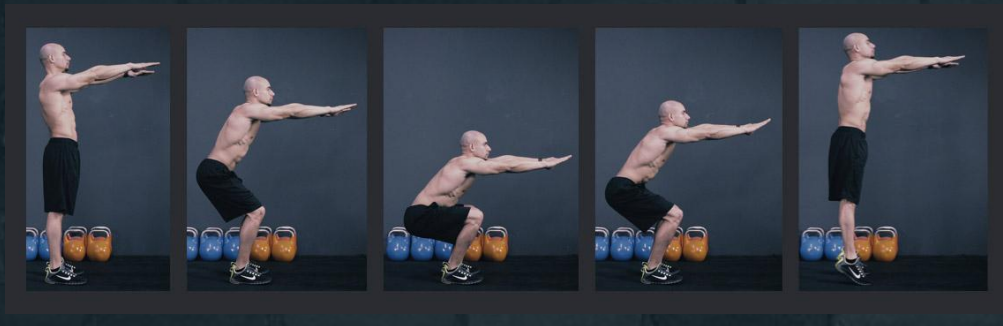
2. Plank (60 secs)



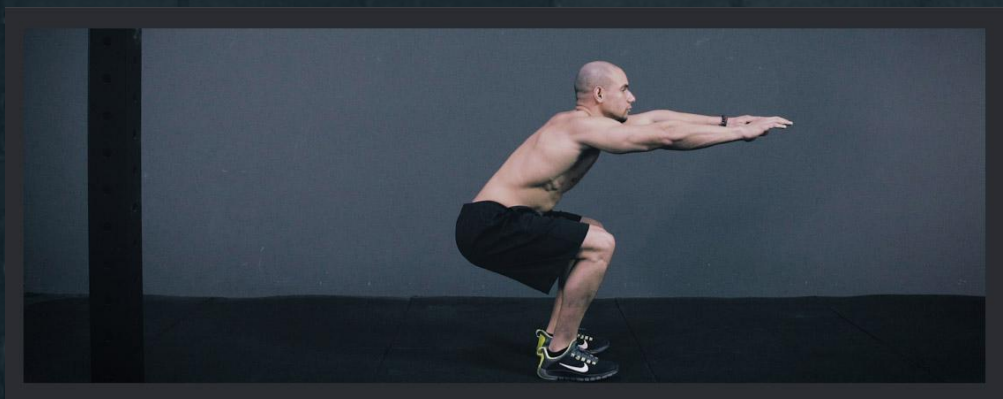
3. Side Plank - Both Sides (30 secs each side)



4. Squat Calf Raises (30 reps)



5. Squat Sit (30 secs)



6. Leg Flutters (60 secs)



SKILL TRAINING:

TUCK FRONT LEVER

- FRONT LEVER PROGRESSION #1 -

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



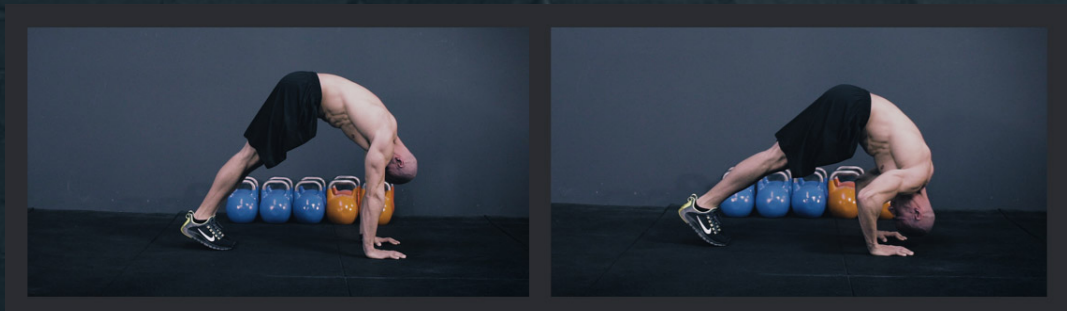
Hold it with a straight back for as long as you can. Keep going back into the move and practice it for min. **100 seconds**. Write down how long you could stay in the position in good form.

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

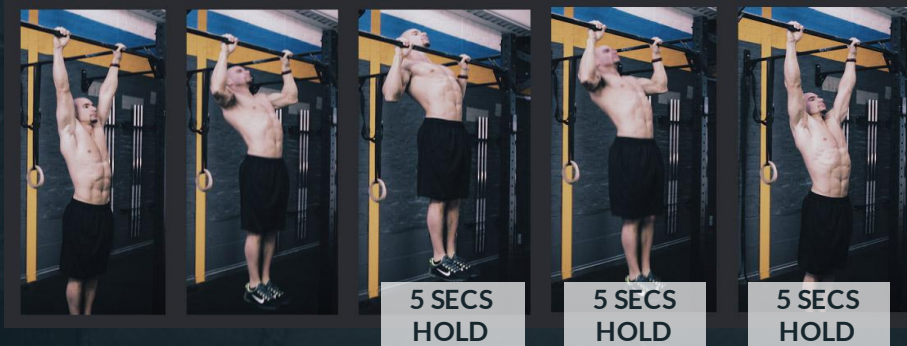
WORKOUT ROUTINE 1: PULL-UP & PUSH-UP MIXER

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

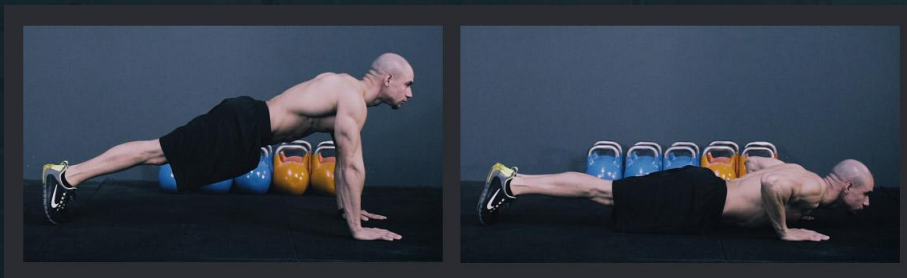
1. Pull-ups or Negative Chin-ups (1 rep)



2. Pull-up hold (1 rep)



3. Push-ups (10 reps)



1 MIN BREAK

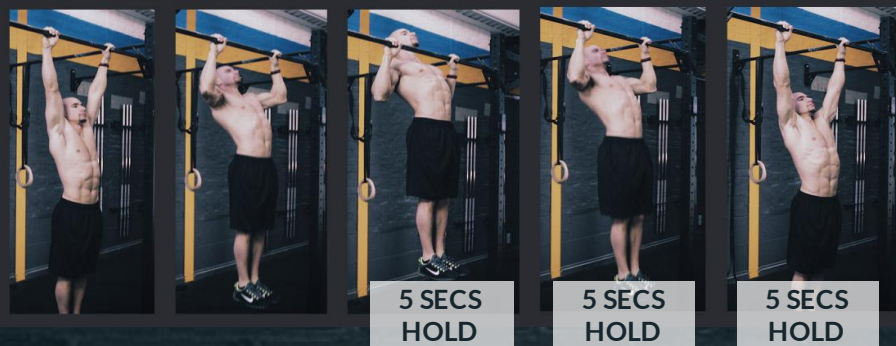
WORKOUT

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.

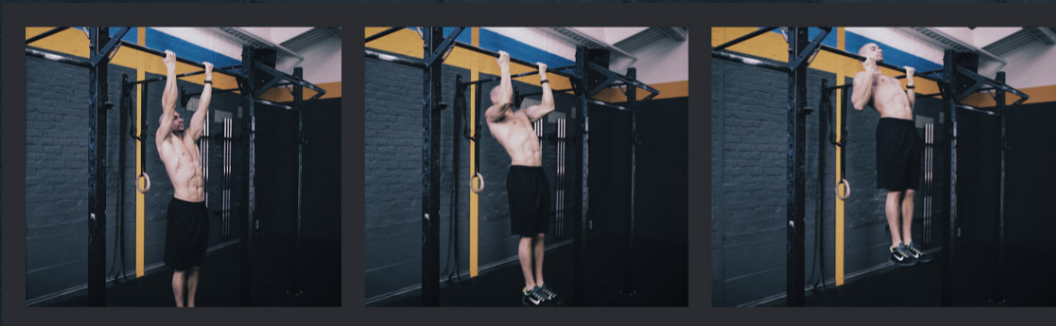
WORKOUT

3

WORKOUT ROUTINE 2: WADSWORTH

 5 Sets with 1 min break in between

1. Chin-ups (10 reps)



2. Archer Push-ups (10 reps)



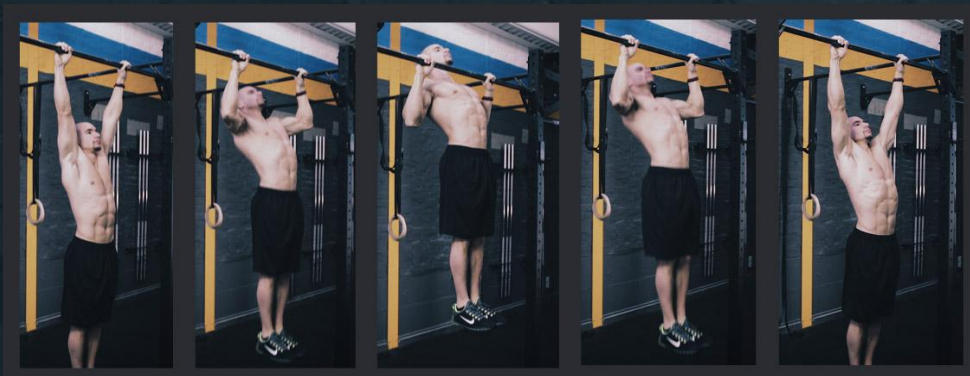
OPTIONAL: UPPER BODY BOOST

🔄 2 Sets with 30 secs break in between

1. Diamond Push-ups (60 secs)



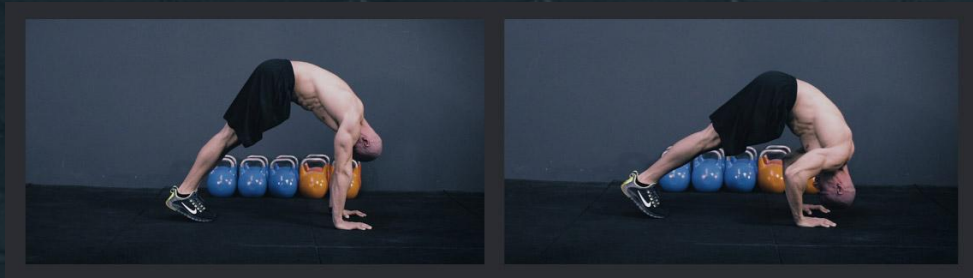
2. Pull-ups (60 secs)



WORKOUT

3

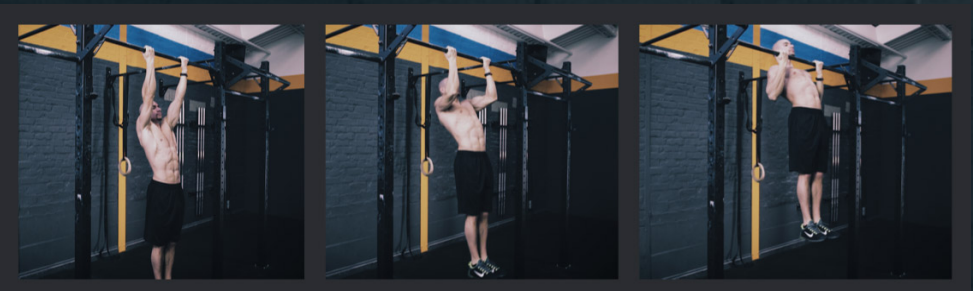
3. Pike Push-ups (60 secs)



4. Knee Raises (60 secs)

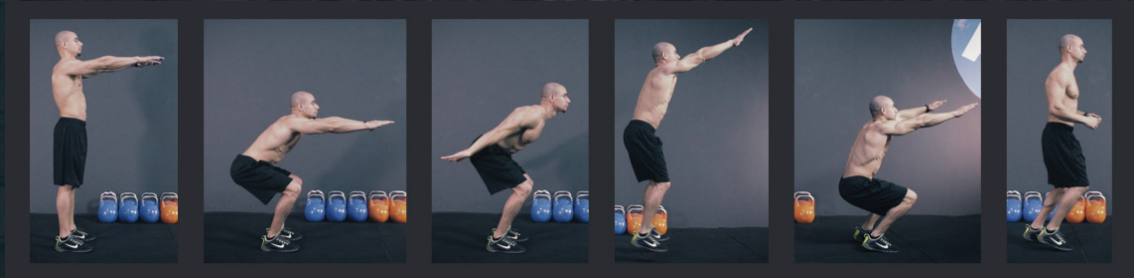


5. Chin-ups (60 secs)



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.

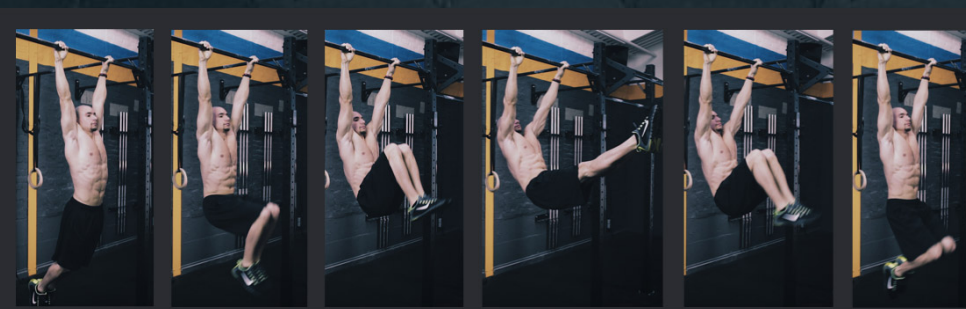
WORKOUT ROUTINE 1: THE ABINATION

🔄 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)



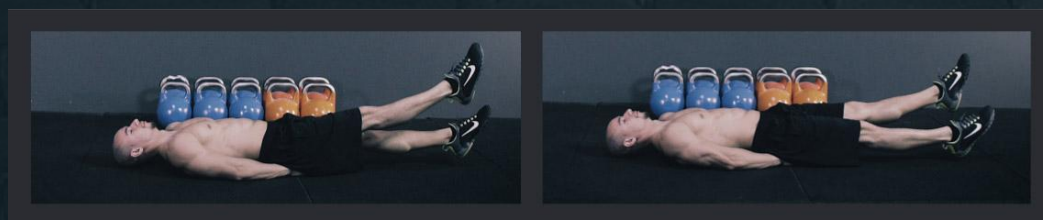
WORKOUT ROUTINE 2: AUDUBON

↻ 3 Sets with 1 min break in between

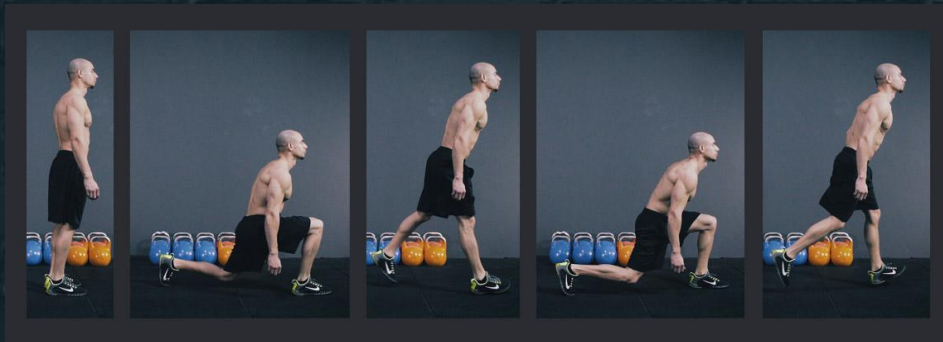
1. Burpees (60 secs)



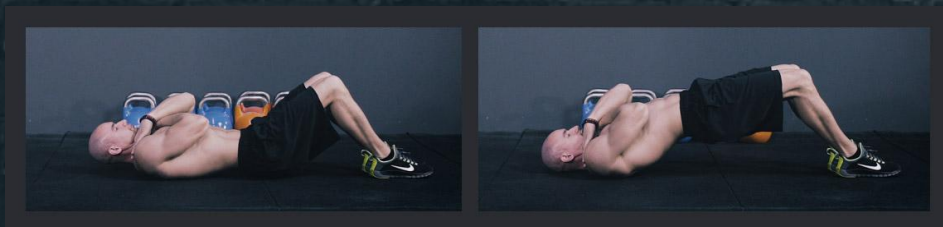
2. Leg Flutters (60 secs)



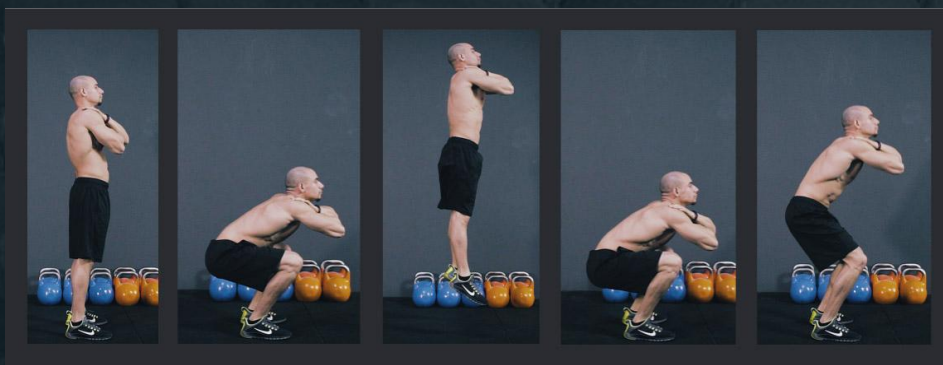
3. Jumping Lunges / Forward Lunges (60 secs)



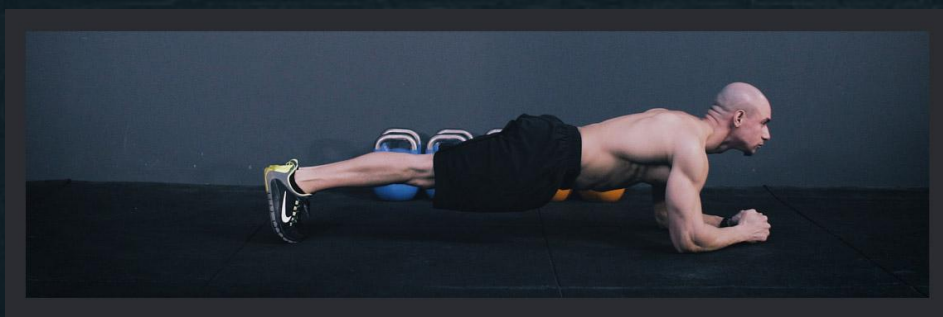
4. Glute Bridge (60 secs)



5. Squat Jumps (60 secs)



6. Plank (60secs)



WEEK 8

PROVE THEM WRONG

WORKOUT

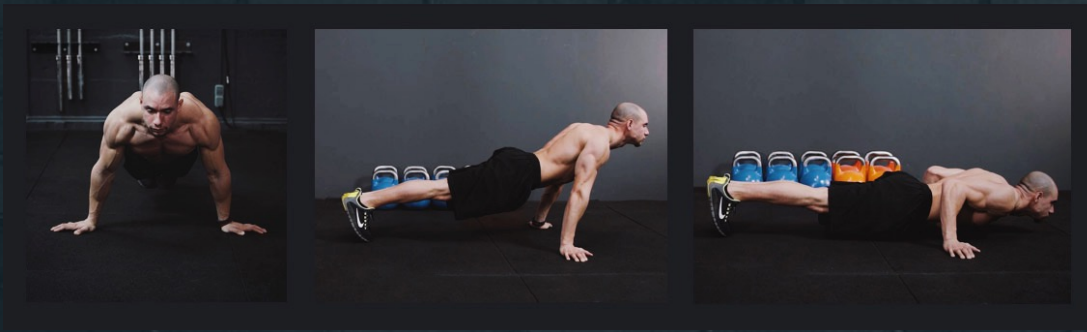
1

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.

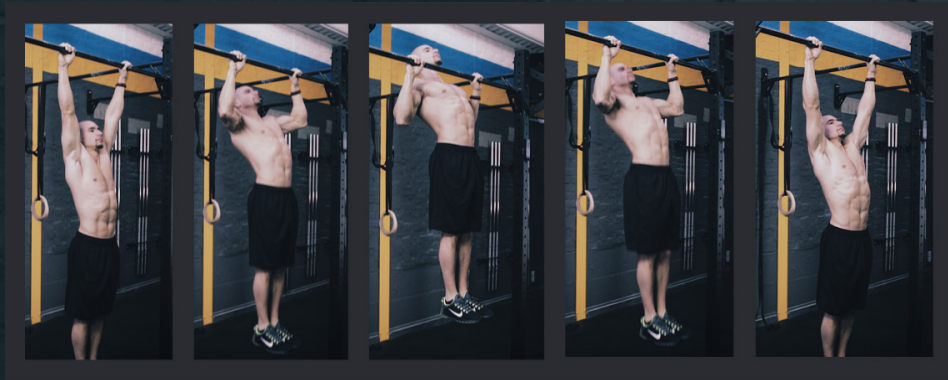
WORKOUT

1

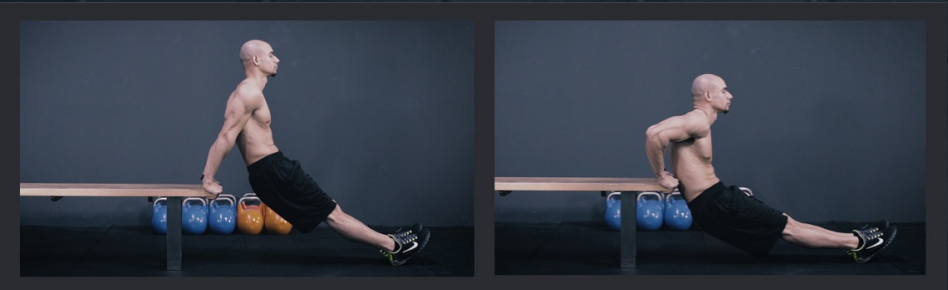
WORKOUT ROUTINE 1: AROUND THE WORLD

🔄 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

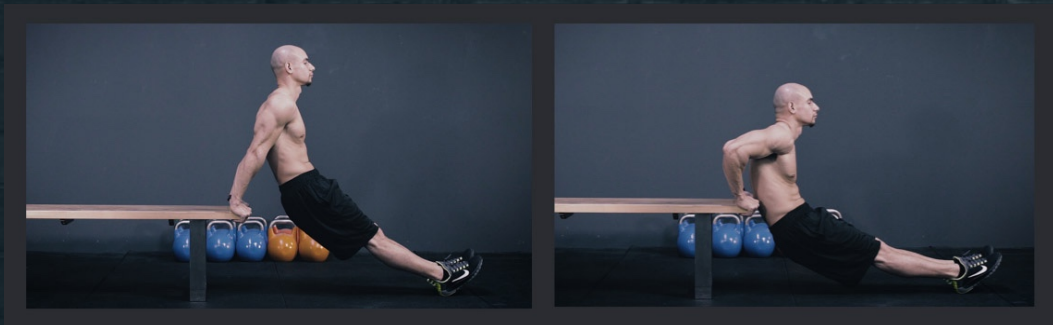
1

OPTIONAL:

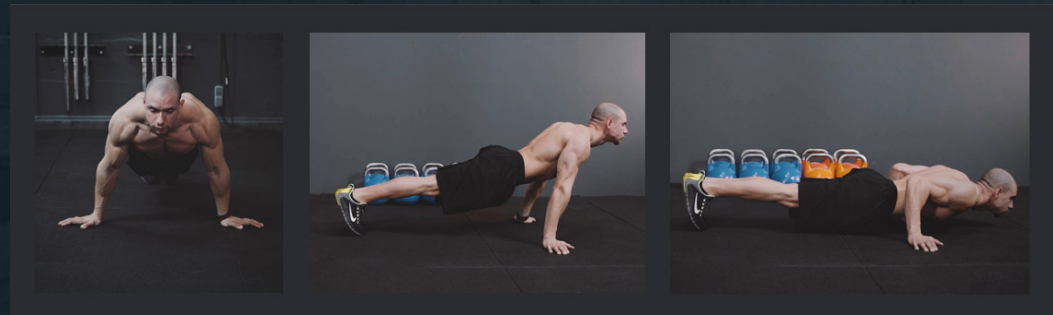
TRICEPS & CHEST BOOST

↻ 2 Sets with 30 secs break in between

1. Tricep Dips
(60 secs)



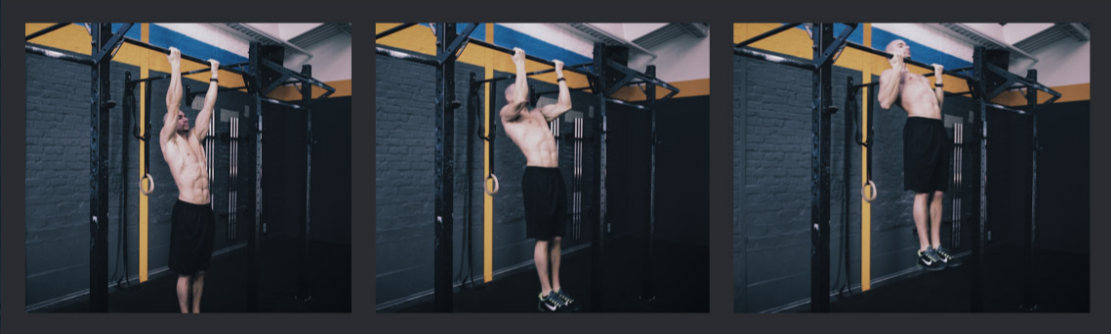
2. Pseudo Push-ups
(60 secs)



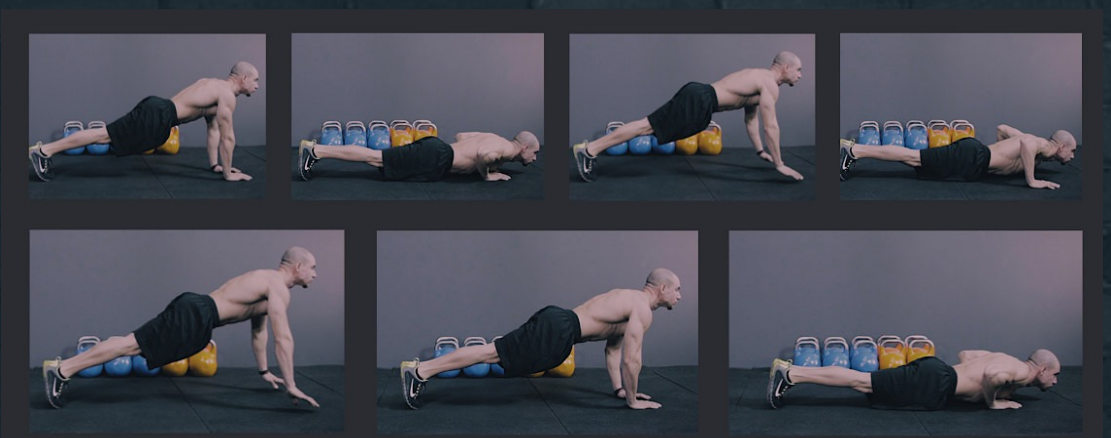
WORKOUT

1

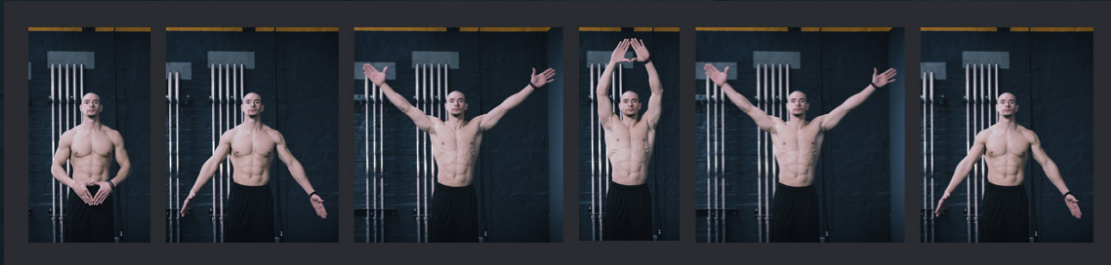
3. Chin-ups (60 secs)



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.

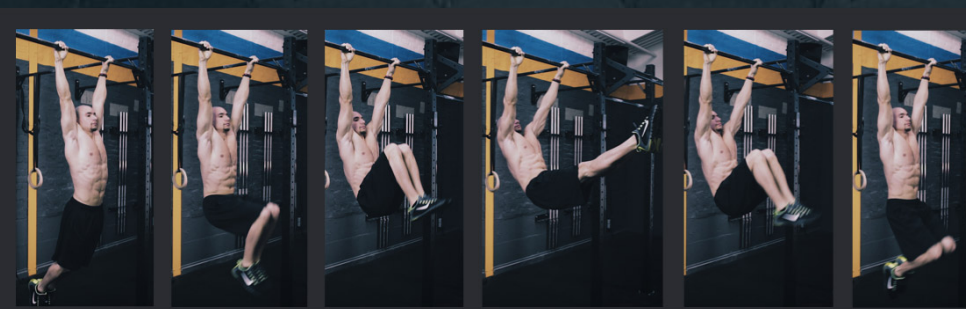
WORKOUT ROUTINE 1: THE ABINATION

 5 Sets with 1 min break in between

1. Leg Raises (15 reps)




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



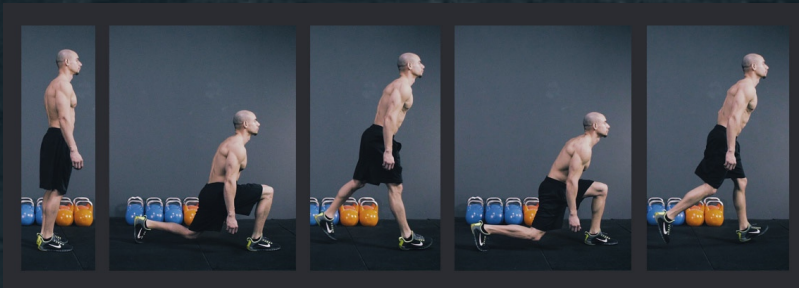
3. Knee Raises (25 reps)



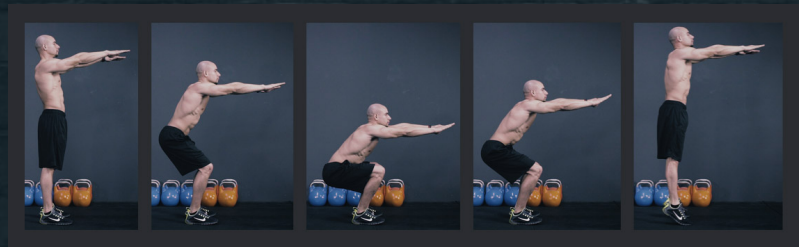
WORKOUT ROUTINE 2: BARELY WALK

 3 Sets with 1 min break in between

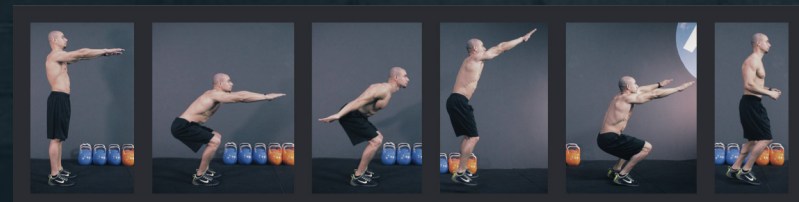
1. Lunges (40 reps)



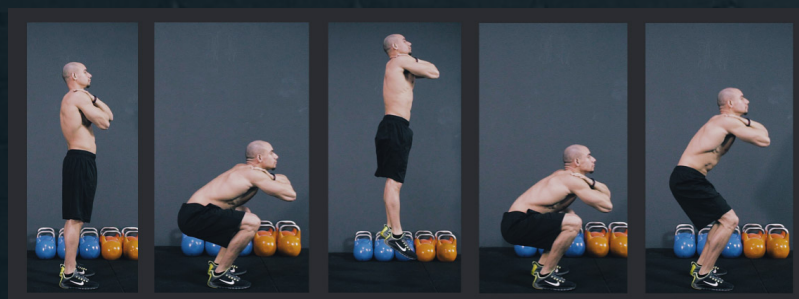
2. Squat Calf Raises (30 reps)



3. Front Jumps (20 reps)



4. Squat Jumps (20 reps)



WORKOUT

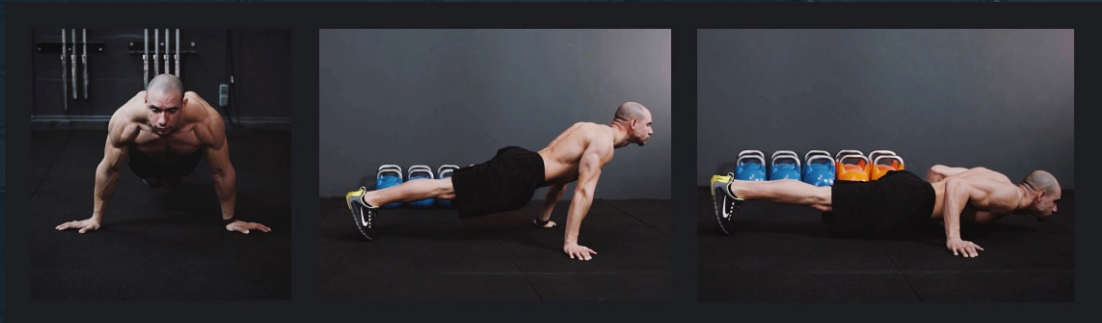
3

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.

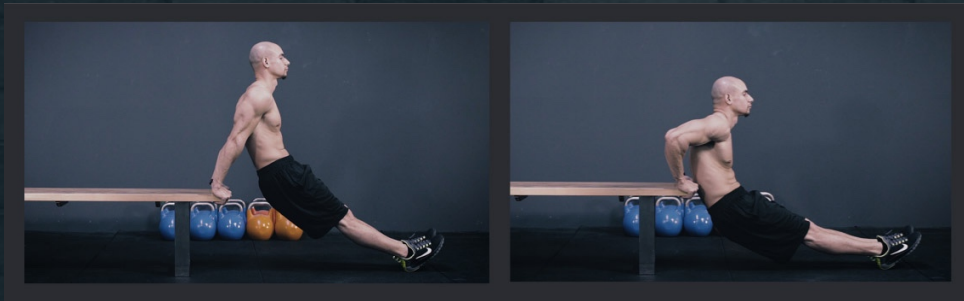
WORKOUT

3

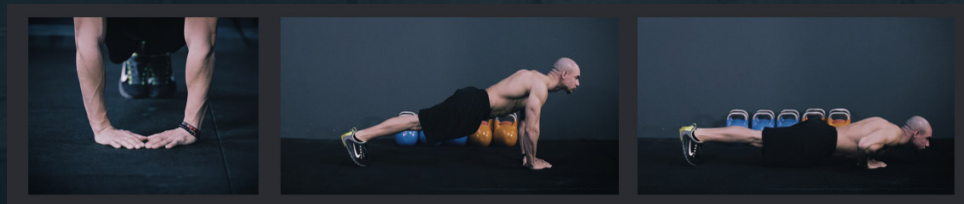
WORKOUT ROUTINE: FORT WASHINGTON

 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

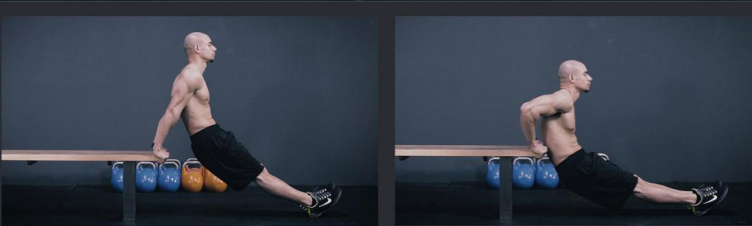
1. Push-ups
(60 secs)



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!**

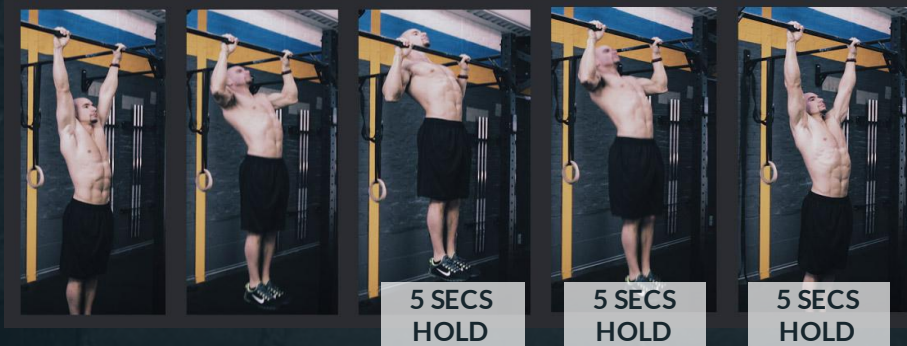
WORKOUT ROUTINE: PULL-UP & PUSH-UP MIXER

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

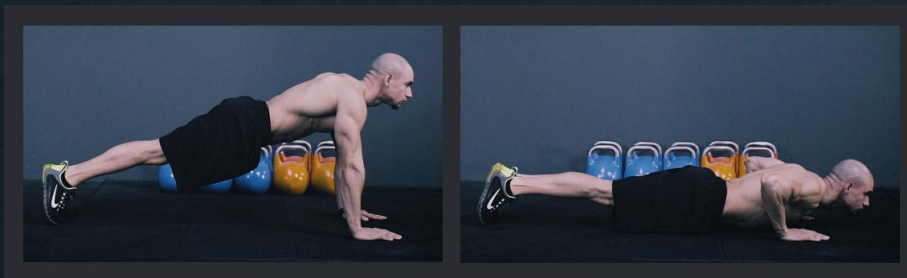
1. Pull-ups or Negative Chin-ups (1 rep)



2. Pull-up hold (1 rep)



3. Push-ups (10 reps)

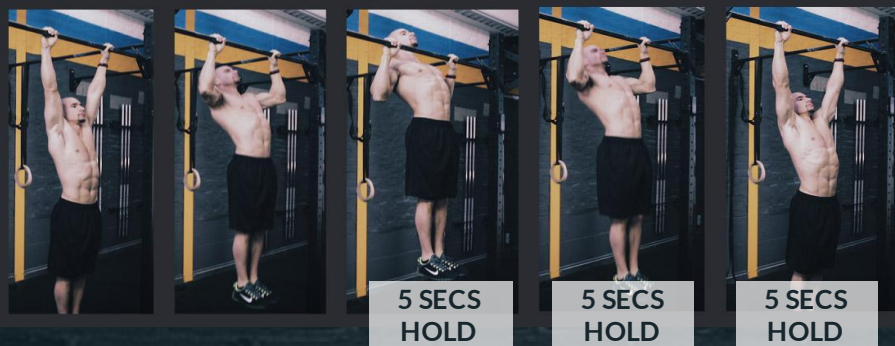


1 MIN BREAK

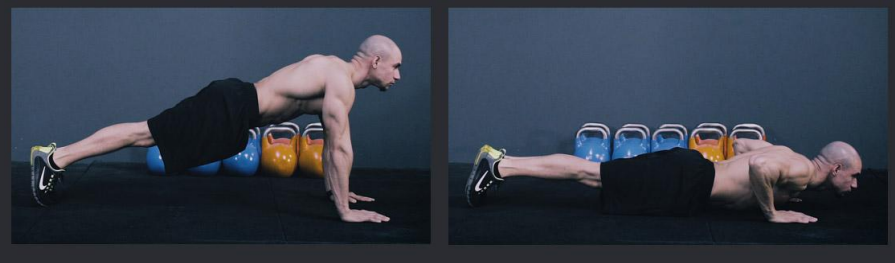
1. Pull-ups or Negative Chin-ups (2 reps)



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

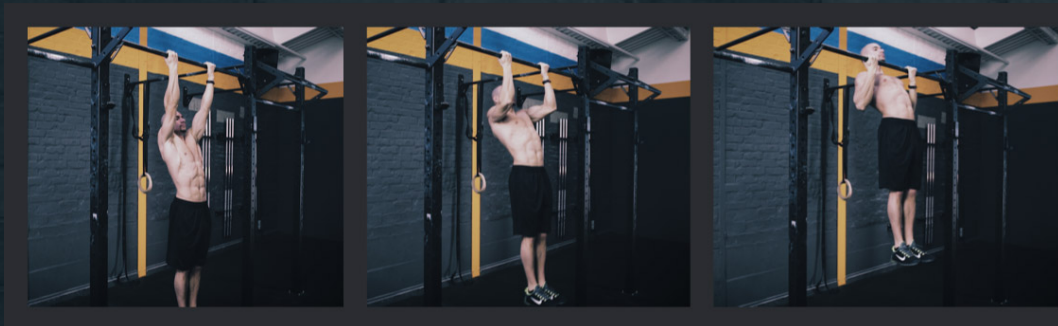
... and so on.

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)

