

Workout Guide

**BARSTARZZ**

**BTX**



**WEEK 9 - 12**

**THE ONLY BAD WORKOUT  
IS THE ONE THAT  
DIDN'T HAPPEN.**



# WORKOUTS

## WEEK 9 - 12

You're nearly there! You've come so far in the last 9 weeks and now it's time to give it all you've got till the end.

This will be the guide for your final few weeks of the program 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.)

Keep pushing!



**WEEK 9**

**BELIEVE IN YOURSELF**



# WORKOUT

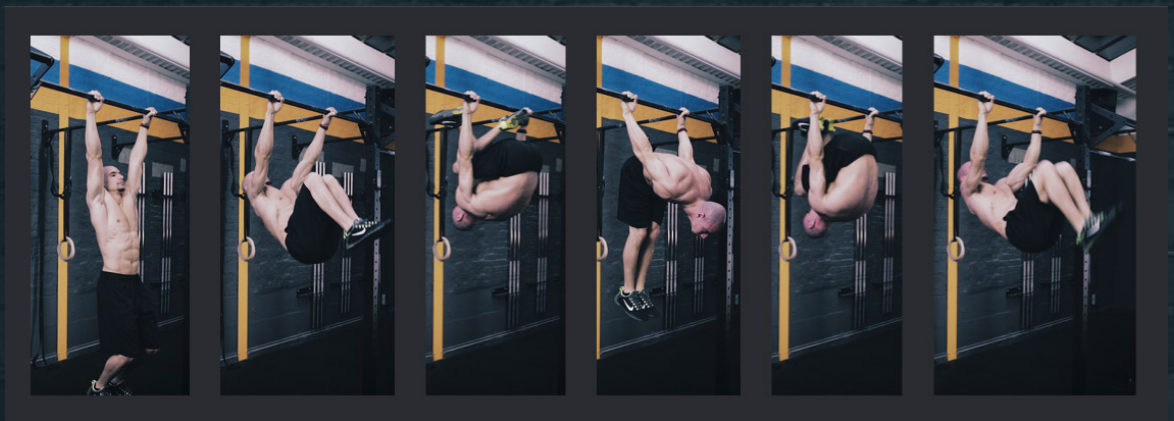
# 1

## SKILL TRAINING:

# ADVANCED TUCK FRONT LEVER

## - FRONT LEVER PROGRESSION #2 -

Learn the advanced tuck front lever to prepare yourself for the 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 with good form.

**WORKOUT**

**1**

# WORKOUT ROUTINE: AROUND THE UNIVERSE

🔄 5 Sets with 1 min break in between

## 1. Clap Pull-ups (5 reps)



## 2. Tricep Dips (20 reps)





# WORKOUT

# 1

### 3. In-and-out Push-ups (20 reps)



### 4. Squat Jumps (30 reps)



### 5. Leg Raises (20 reps)





# WORKOUT

# 1

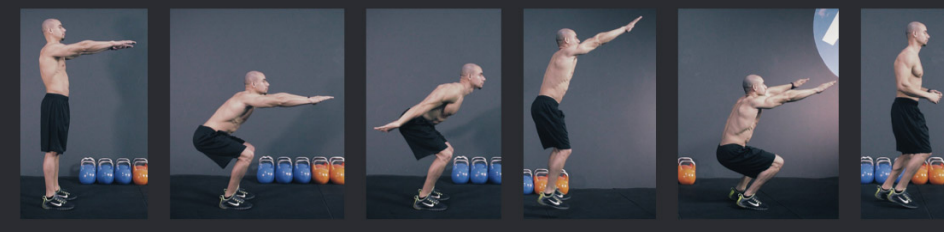
## OPTIONAL: FULL BODY BOOST

🔄 2 Sets with 30 secs break in between

### 1. Burpees (60 secs)



### 2. Front Jumps (60 secs)

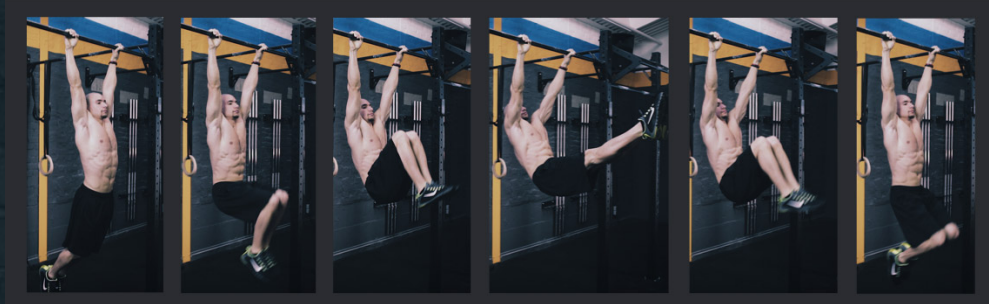




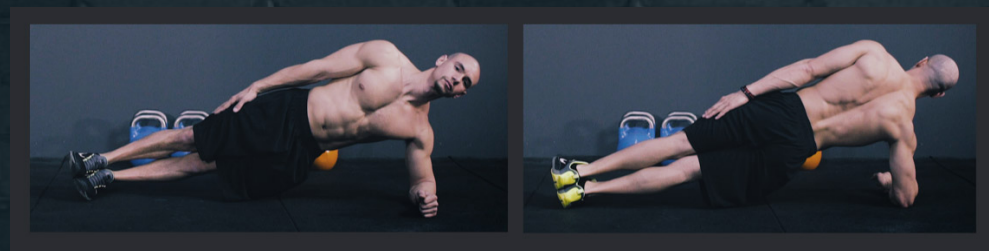
# WORKOUT

# 1

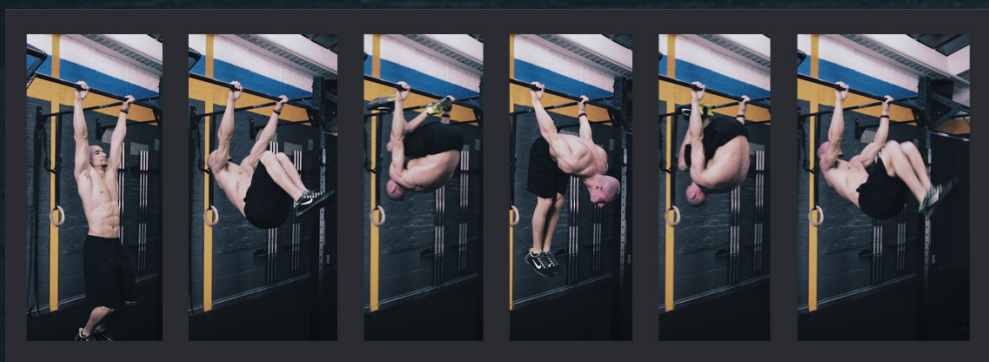
### 3. L-sit Kick-out (60 secs)



### 4. Side Plank (30 secs on each side)

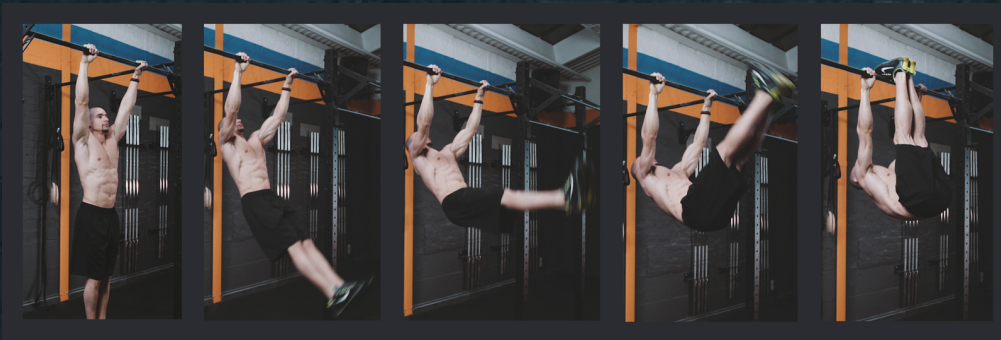


### 5. Skin the Cat (60 secs)



## SKILL TRAINING: FULL LEG RAISES

Check out the full leg raises technique.



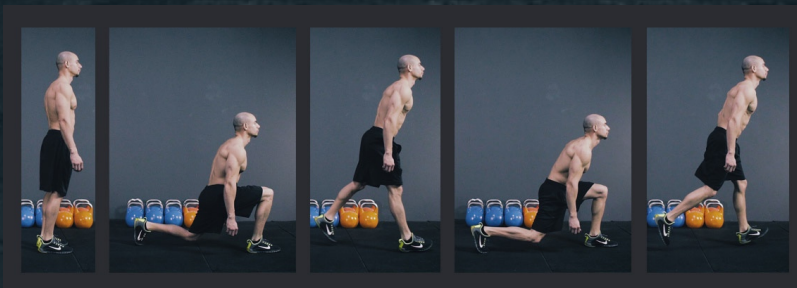
Do as many as you can for **100 seconds** and write down how many reps you could do.



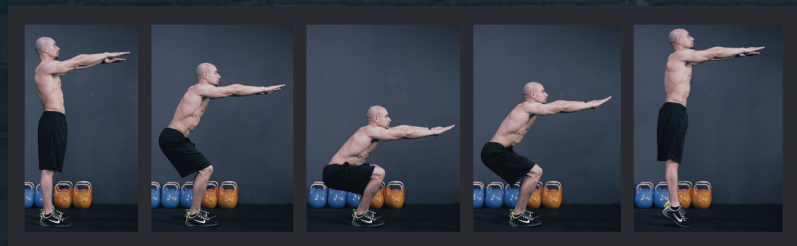
# WORKOUT ROUTINE 1: BARELY WALK

🔄 3 Sets with 1 min break in between

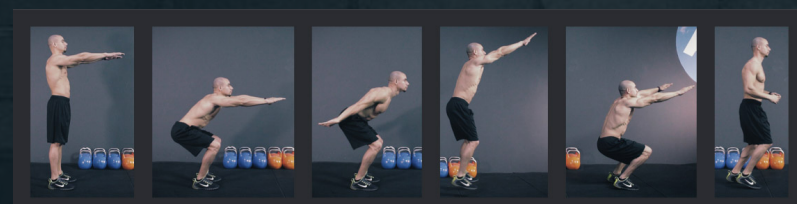
## 1. Lunges (40 reps)



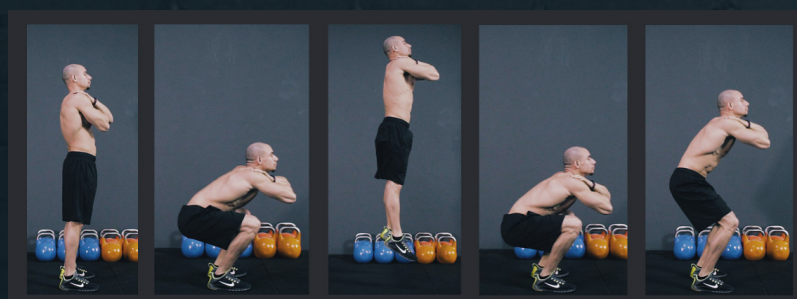
## 2. Squat Calf Raises (30 reps)



## 3. Front Jumps (20 reps)



## 4. Squat Jumps (20 reps)





## WORKOUT 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)

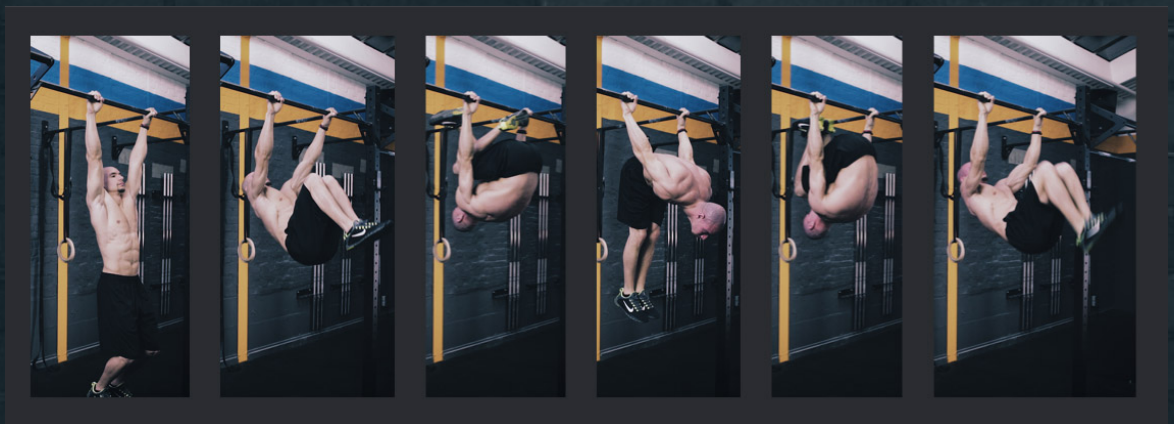




## SKILL TRAINING: ADVANCED TUCK FRONT LEVER

### - FRONT LEVER PROGRESSION #2 -

Let's try this again. Improve your technique in order to prepare yourself for the 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 with good form.



## WORKOUT ROUTINE 1: **CHARLES CLAPPER**

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



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



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



Keep going up like this (adding one rep each time) until you reach the set with 5 reps.



# WORKOUT

# 3

## WORKOUT ROUTINE 2:

# INWOOD

🔄 3 Sets with 1 min break in between

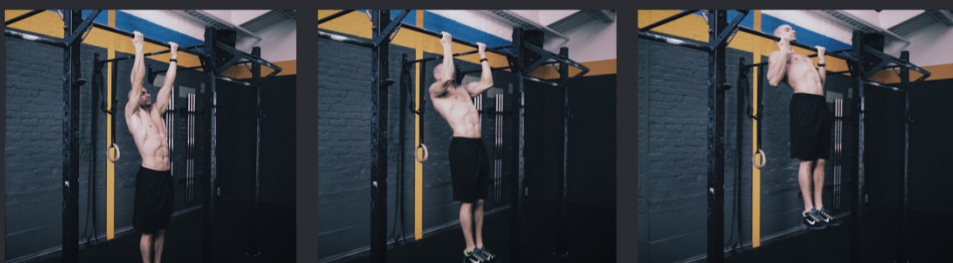
### 1. Pull-ups (15 reps)



### 2. Triceps Dip (30 reps)



### 3. Chin-ups (15 reps)




**WORKOUT**

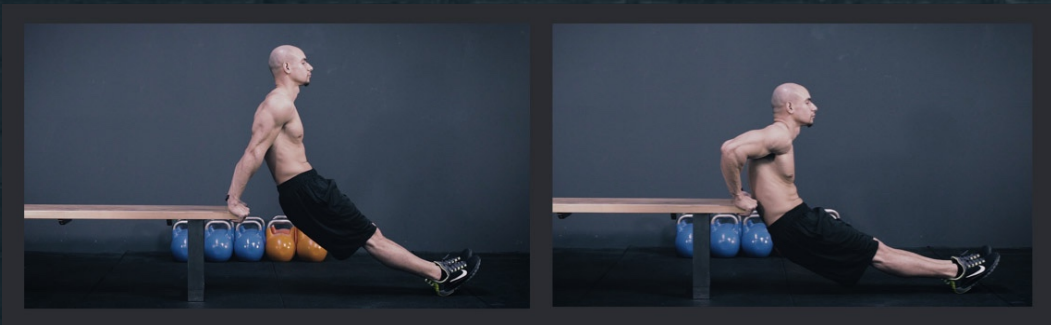
**3**

**OPTIONAL:**

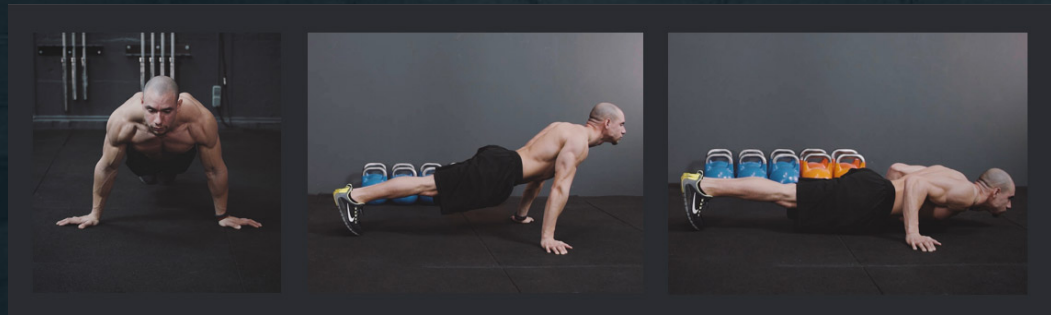
# TRICEPS & CHEST BOOST

 2 Sets with 30 secs break in between

**1. Tricep Dips**  
(60 secs)



**2. Pseudo Push-ups**  
(60 secs)





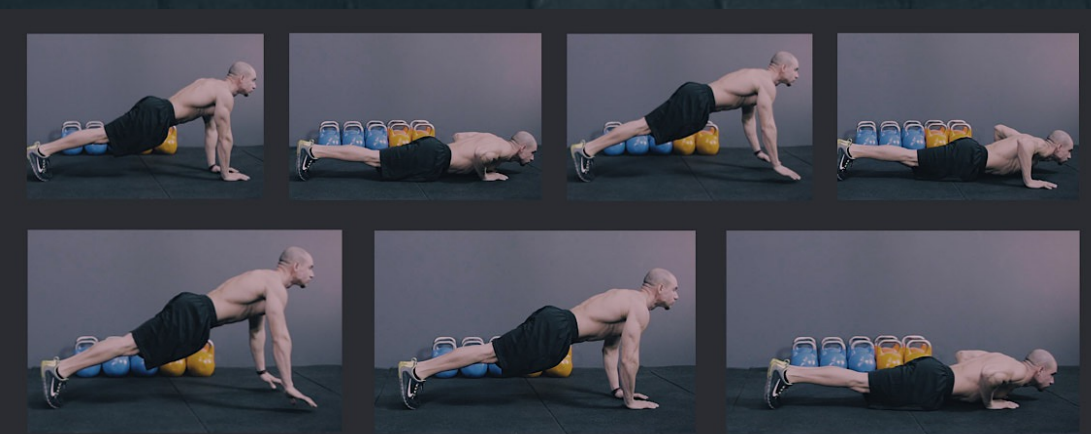
# WORKOUT

## 3

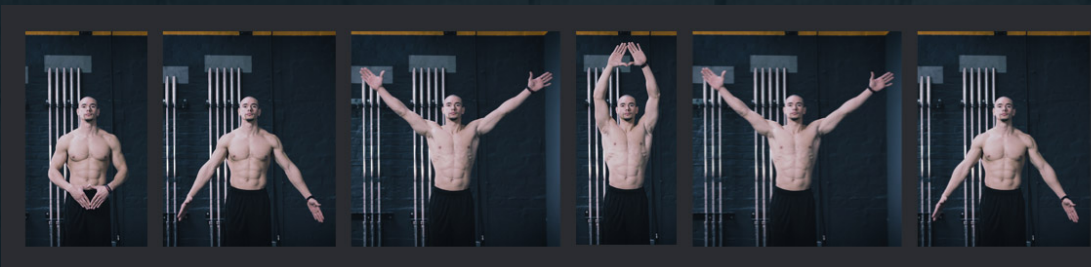
### 3. Chin-ups (60 secs)



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

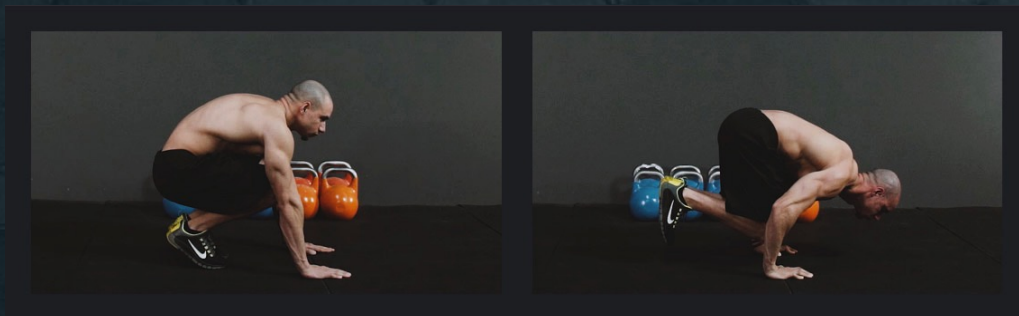


### 5. Shoulder Diamonds (60 secs)



## SKILL TRAINING: TUCKED PLANCHE - PLANCHE PROGRESSION #3 -

Today we will practice the tucked planche again:



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.

Remember that this is a tough one! If you are struggling too much with this move, just practice Frog Stand and pseudo Push-ups.



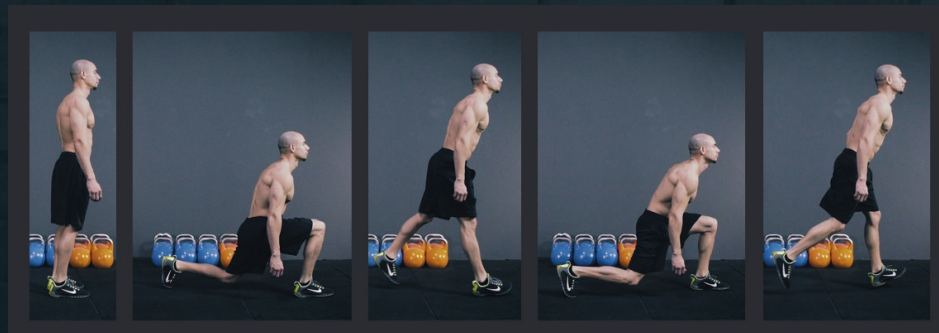
# WORKOUT ROUTINE: BERLIN

🔄 3 Sets with 1 min break in between

## 1. Burpees (50 reps)



## 2. Lunges (50 reps)



**3. Push-ups  
(50 reps)**



**4. Side Plank  
(60 secs each side)**





# **WEEK 10**

**WHATEVER IT TAKES**

WORKOUT

1

## SKILL TRAINING: WINDOW WIPERS

Learn the window wipers technique:



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 & PUSH-UP MIXER

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

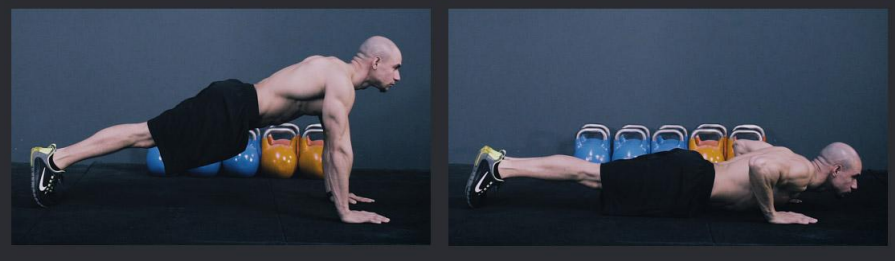
### 1. Pull-ups or Negative Chin-ups (1 rep)



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



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



1 MIN BREAK



# WORKOUT

# 1

## 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

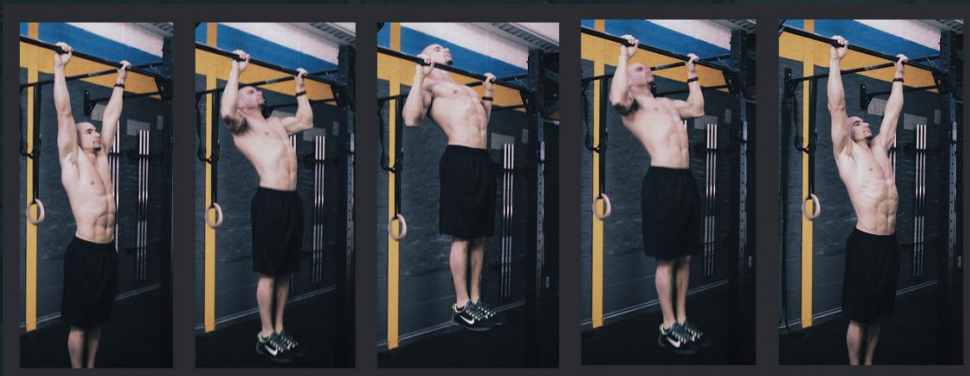
## OPTIONAL: UPPER BODY BOOST

🔄 2 Sets with 30 secs break in between

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



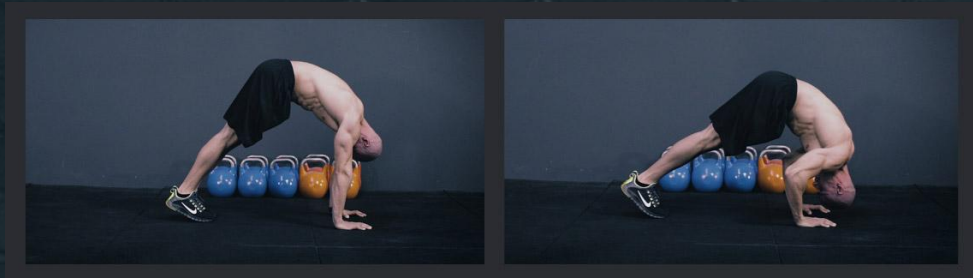
### 2. Pull-ups (60 secs)



# WORKOUT

# 1

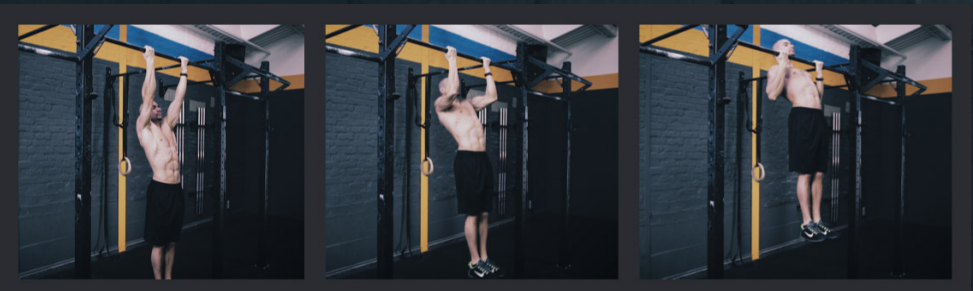
## 3. Pike Push-ups (60 secs)



## 4. Knee Raises (60 secs)



## 5. Chin-ups (60 secs)





**SKILL TRAINING:****ONE LEG FRONT LEVER****- FRONT LEVER PROGRESSION #3 -**


Check out the technique for the one leg front lever.  
This is the third progression to a front lever:



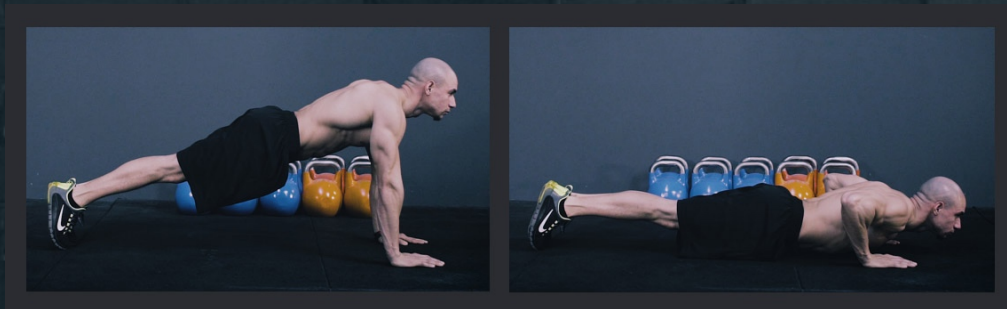
Hold it with a straight back for as long as you can.  
Keep going back into the move and practice it for min.  
**100 seconds.**

Write down how long you could stay in the position  
with good form.

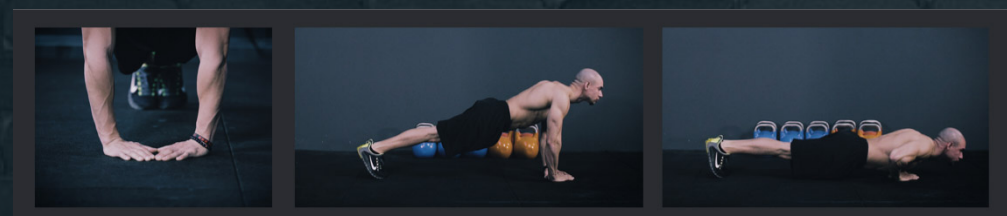
# WORKOUT ROUTINE 1: CABRINI CHEST

 3 Sets with 1 min break in between

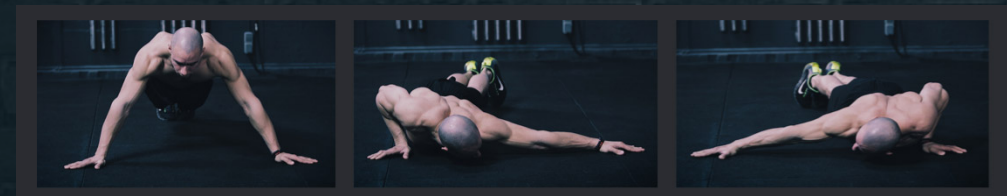
1. Push-ups  
(10 reps)



2. Diamond Push-ups  
(10 reps)



3. Archer Push-ups  
(10 reps)





## WORKOUT ROUTINE 2: INWOOD

🔄 3 Sets with 1 min break in between

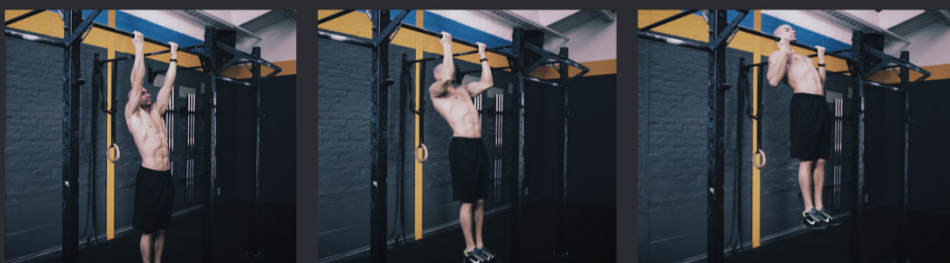
### 1. Pull-ups (15 reps)



### 2. Triceps Dip (30 reps)



### 3. Chin-ups (15 reps)



WORKOUT

3

## SKILL TRAINING: HANDSTAND PUSH-UPS

Learn the handstand push-up technique:



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



# WORKOUT

# 3

## WORKOUT ROUTINE: AUDUBON

🔄 3 Sets with 1 min break in between

### 1. Burpees (60 secs)



### 2. Leg Flutters (60 secs)



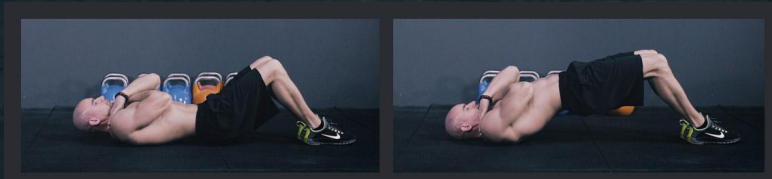
# WORKOUT

## 3

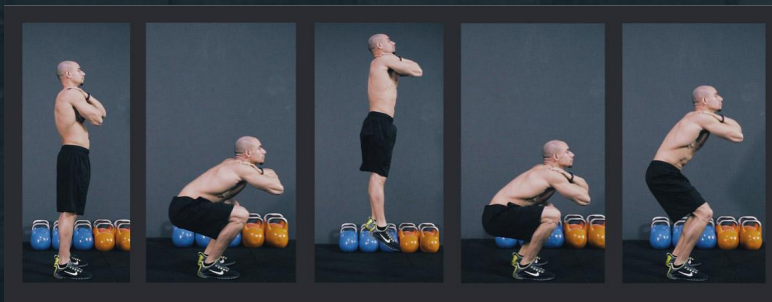
### 3. Jumping Lunges / Forward Lunges (60 secs)



### 4. Glute Bridge (60 secs)



### 5. Squat Jumps (60 secs)



### 6. Plank (60secs)





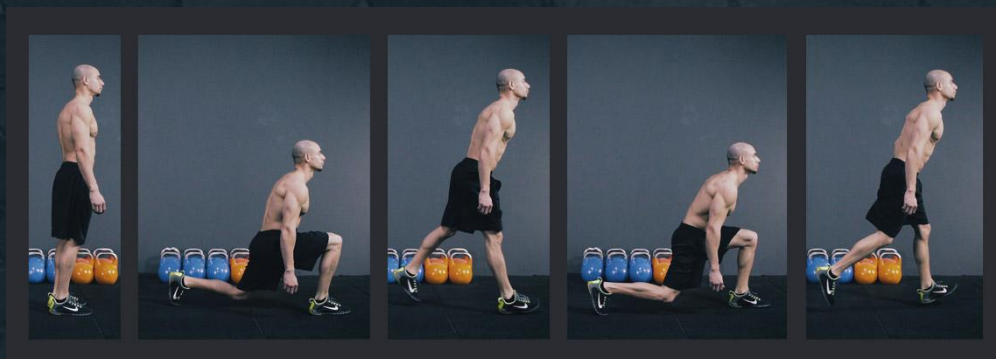
# WORKOUT

# 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)



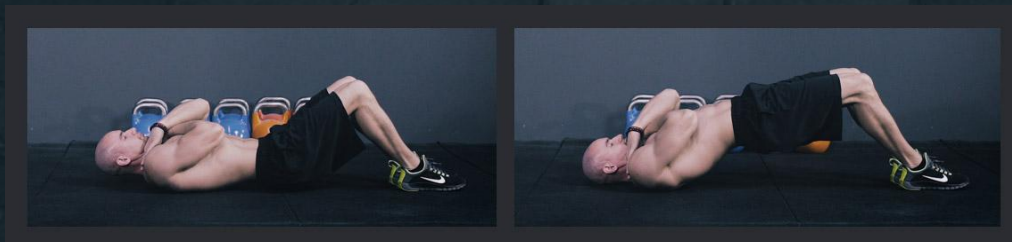
# WORKOUT

# 3

## 3. Squat Sit (30 secs)



## 4. Glute Bridge (30 secs)



## 5. Front Jumps (30 secs)

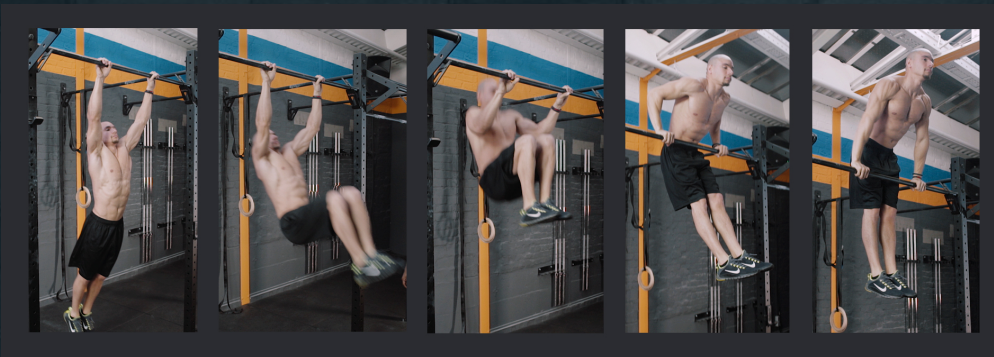




## SKILL TRAINING & CHALLENGE #2: MUSCLE-UP

It's time for another official BTX challenge! Today you will learn how to do one of the coolest calisthenics moves: the muscle-up!

Practice this move for min. **100 seconds** and write down how many reps you could do in good form. This is how it should look like:



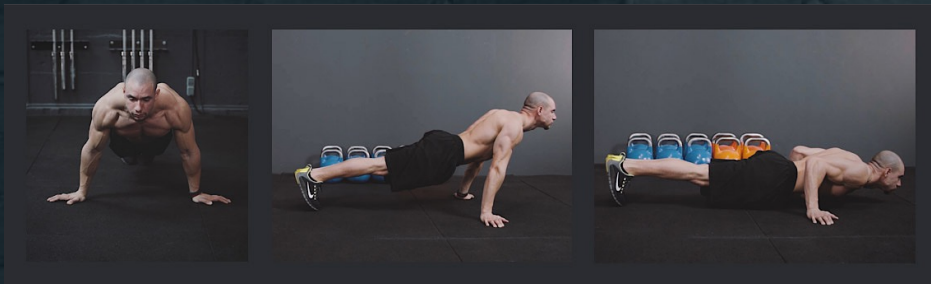
Take a picture or video of yourself doing the muscle-up and post it on Instagram or Facebook with the hashtag [#btxmusculeup](#) and tag [@barstarzz](#). This way you will level up in the BTX program!



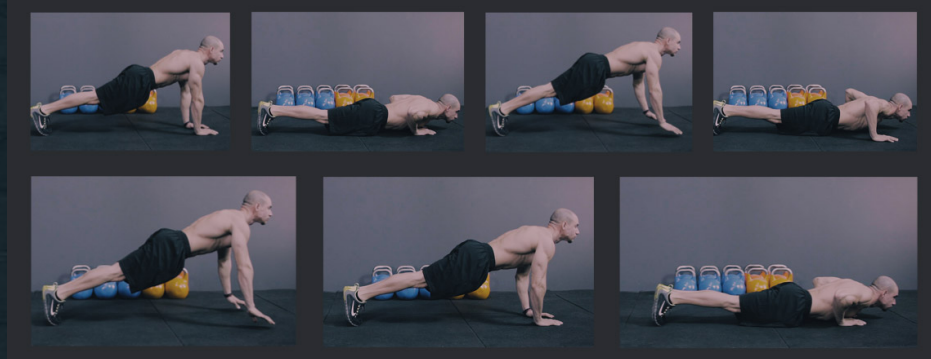
# WORKOUT ROUTINE 1: TOKYO

🔄 3 Sets with 1 min break in between

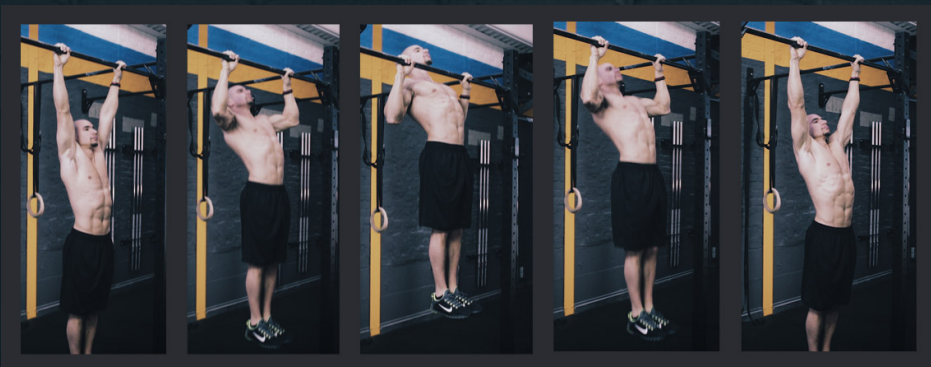
## 1. Pseudo Push-ups (10 reps)



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



## 3. Pull-ups (15 reps)

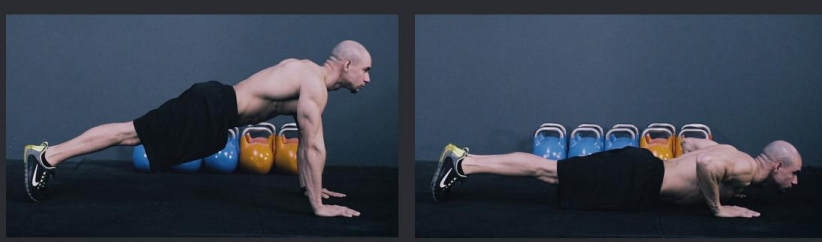




## WORKOUT ROUTINE 2: VERMILYA

🔄 4 Sets with 1 min break in between

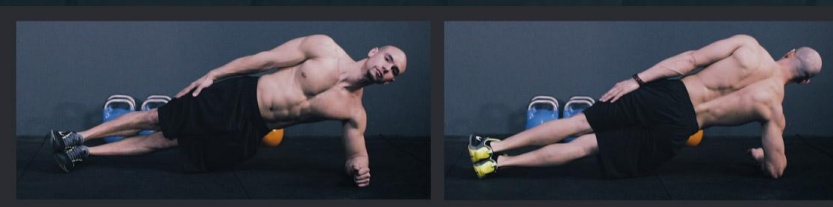
### 1. Push-ups (20 reps)



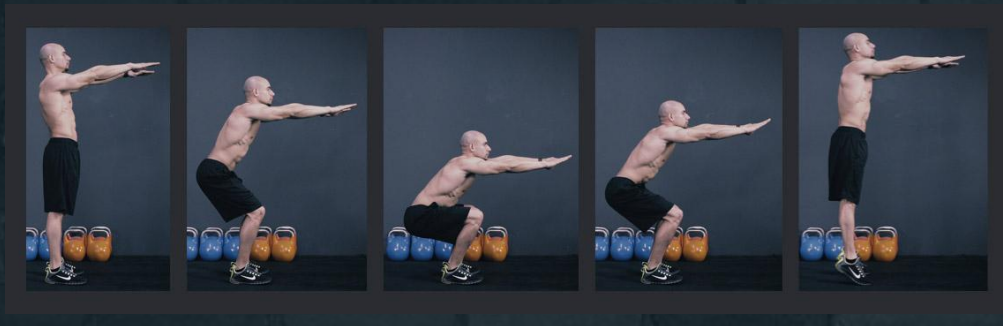
### 2. Plank (60 secs)



### 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)





**WEEK 11**

**YOU'RE ALMOST THERE**

WORKOUT

1

## SKILL TRAINING: BACK LEVER SPECIAL

Learn the back lever technique, one of the most advanced calisthenics moves:



Don't worry if you don't manage this exercise at first, keep practicing the previous progressions! Also, check out the following video for more detailed instructions: [https://www.youtube.com/watch?v=xCivCk6H\\_Ws](https://www.youtube.com/watch?v=xCivCk6H_Ws).

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 with good form.



# WORKOUT

# 1

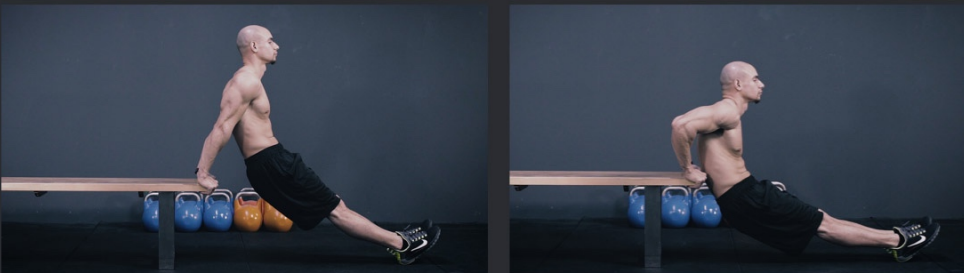
## WORKOUT ROUTINE 1: INWOOD

🔄 3 Sets with 1 min break in between

### 1. Pull-ups (15 reps)



### 2. Triceps Dip (30 reps)




### 3. Chin-ups (15 reps)



**WORKOUT**

**1**

## **WORKOUT ROUTINE 2: AROUND THE UNIVERSE**

 5 Sets with 1 min break in between

### **1. Clap Pull-ups (5 reps)**



### **2. Tricep Dips (20 reps)**





# WORKOUT

# 1

### 3. In-and-out Push-ups (20 reps)



### 4. Squat Jumps (30 reps)



### 5. Leg Raises (20 reps)





## SKILL TRAINING:

**ONE LEG FRONT LEVER****- FRONT LEVER PROGRESSION #3 -**

Check out the technique for the one leg front lever.  
This is the third progression to a front lever:



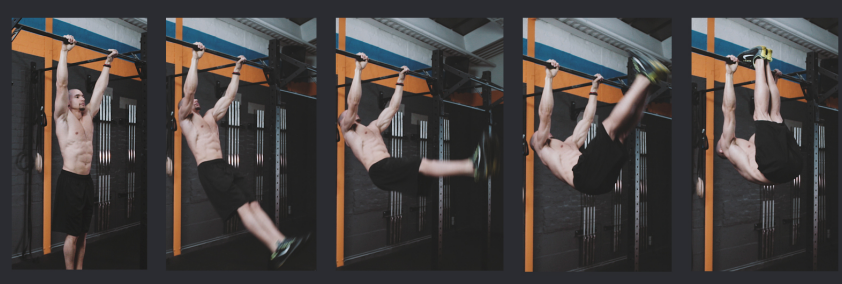
Hold it with a straight back for as long as you can.  
Keep going back into the move and practice it for min.  
**100 seconds.** Write down how long you could stay in  
the position with good form.



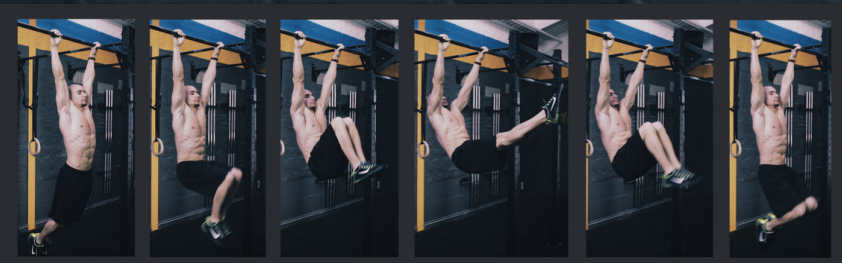
# WORKOUT ROUTINE 1: THE ABYSS

🔄 3 Sets with 1 min break in between

## 1. Full Leg Raises (15 reps)



## 2. L-Sit Kick-outs (15 reps)



## 2. Window Wipers (15 reps)

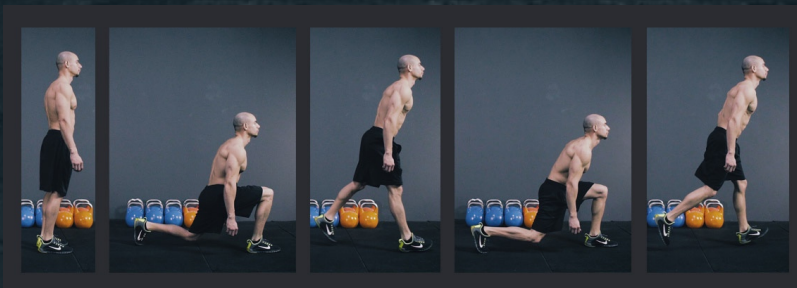




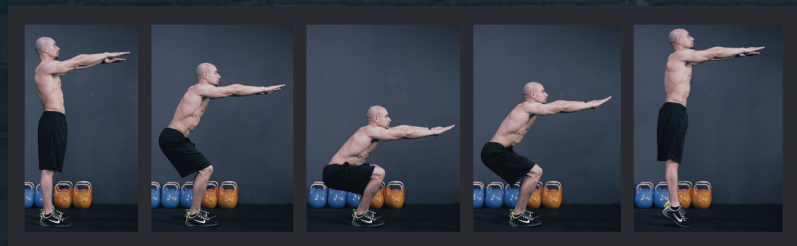
# WORKOUT ROUTINE 2: BARELY WALK

↻ 3 Sets with 1 min break in between

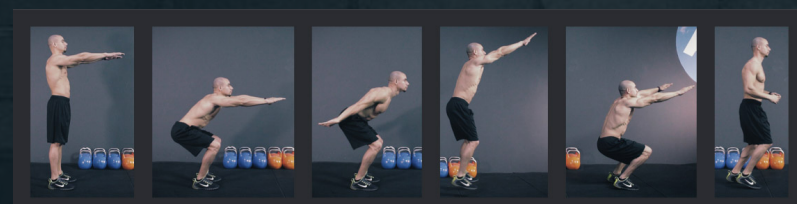
## 1. Lunges (40 reps)



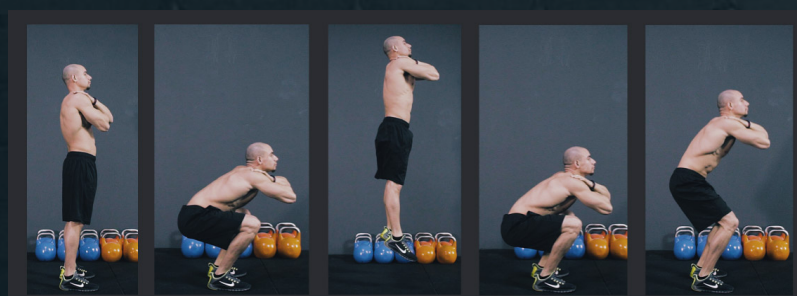
## 2. Squat Calf Raises (30 reps)



## 3. Front Jumps (20 reps)



## 4. Squat Jumps (20 reps)

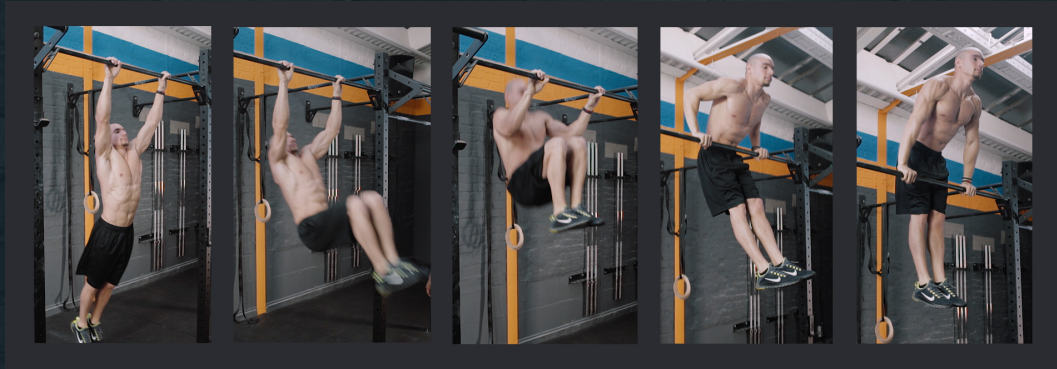




## SKILL TRAINING: MUSCLE-UP

Let's try again the muscle-up. It takes some time to get this one right, so keep practicing until you achieve the perfect form and technique for a muscle-up.

This is how it should look like:

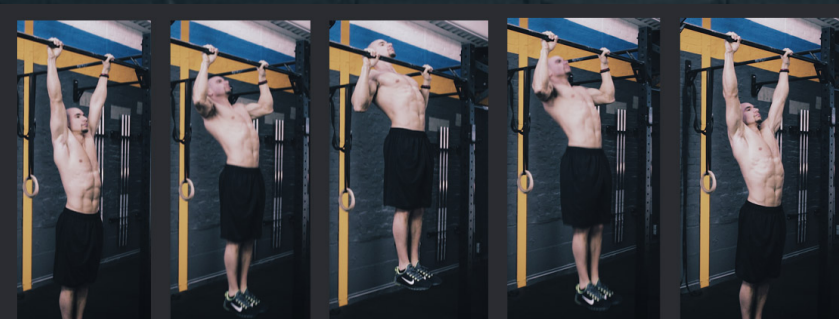


Practice this move for min. **100 seconds** and write down how many reps you could do in good form.



## WORKOUT ROUTINE 1: **CHARLES CLAPPER**

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



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



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



Keep going up like this (adding one rep each time) until you reach the set with 5 reps.



# WORKOUT

# 3

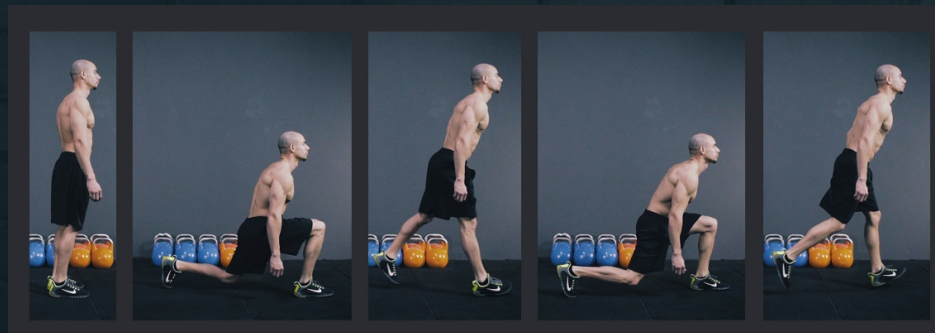
## WORKOUT ROUTINE 2: BERLIN

🔄 3 Sets with 1 min break in between

### 1. Burpees (50 reps)



### 2. Lunges (50 reps)



# WORKOUT

## 3

### 3. Push-ups (50 reps)



### 4. Side Plank (60 secs each side)





## SKILL TRAINING: HANDSTAND PUSH-UPS

Learn the handstand push-up technique:



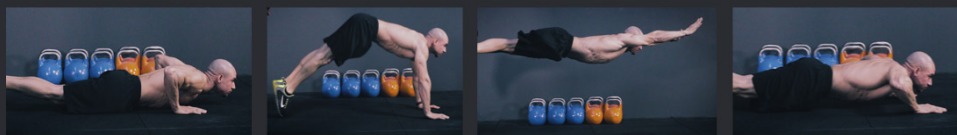
Do as many as you can for **100 seconds** and write down how many reps you can do.

# WORKOUT ROUTINE 1: SUPERMAN PYRAMID

## 1. Pull-up (1 rep)



## 2. Superman Push-up (1 reps)



Keep going up and add 1 extra rep of each exercise until you reach 3.

Then go backwards until you do 1 of each.

For example:

Set 2: 2 pull-ups, 2 superman push-ups

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

Set 4: 2 pull-ups, 2 superman push-ups

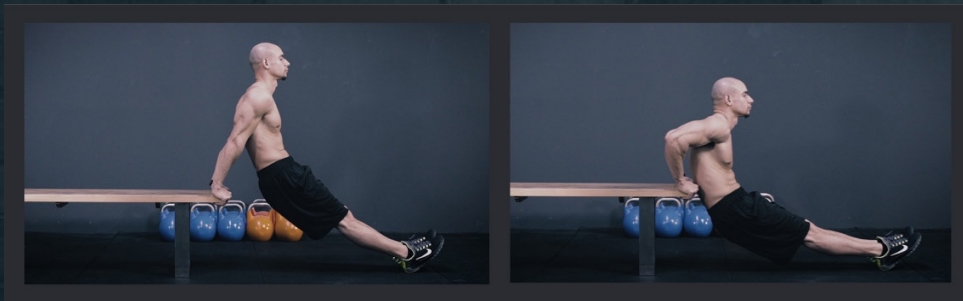
...and so on.



## WORKOUT ROUTINE 2: FORT WASHINGTON

↻ 4 Sets with 1 min break in between

### 1. Tricep Dips (20 reps)



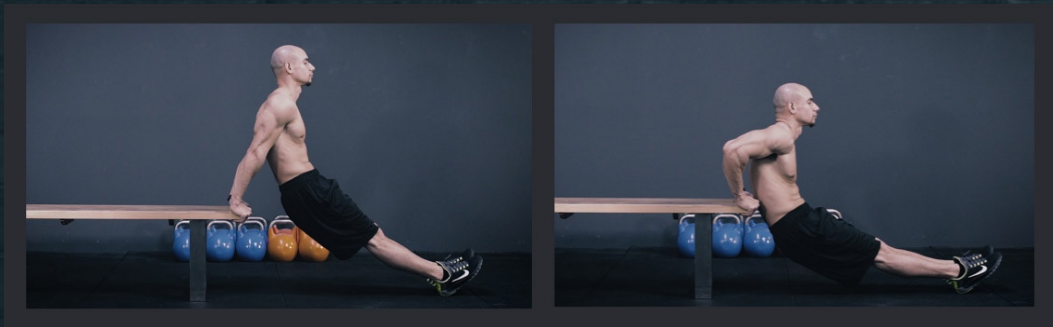
### 2. Diamond Push-ups (20 reps)



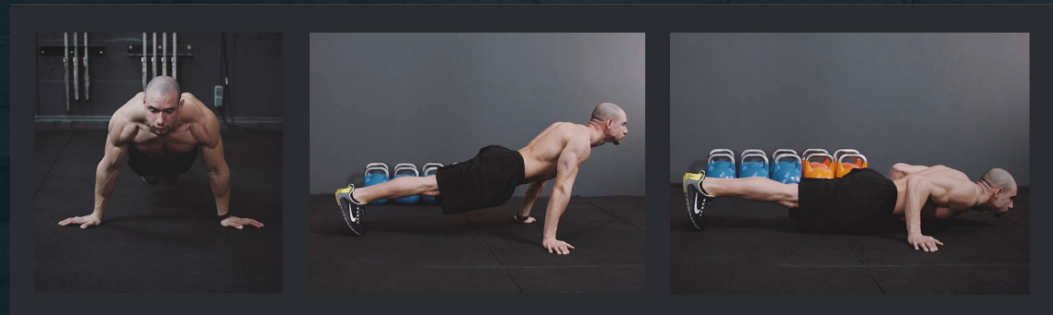
## OPTIONAL: TRICEPS & CHEST BOOST

↻ 2 Sets with 30 secs break in between

### 1. Tricep Dips (60 secs)

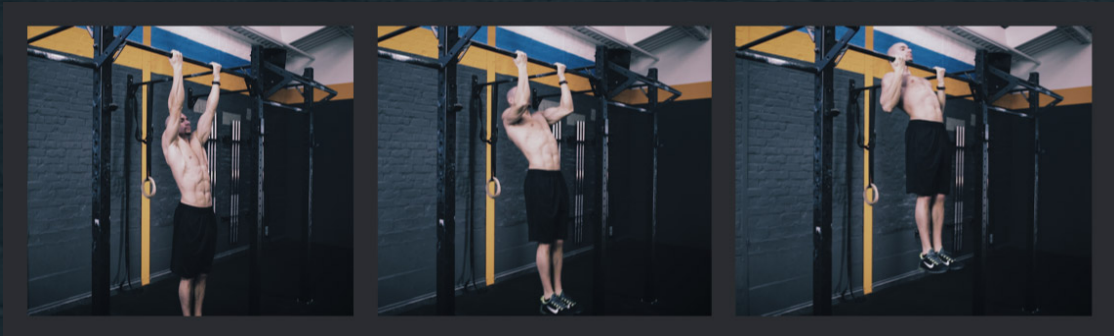


### 2. Pseudo Push-ups (60 secs)





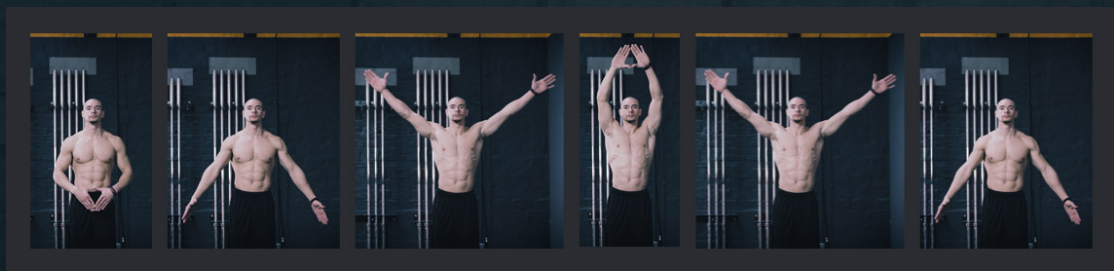
### 3. Chin-ups (60 secs)



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



### 5. Shoulder Diamonds (60 secs)



**WEEK 12**

**THE FINAL PUSH**



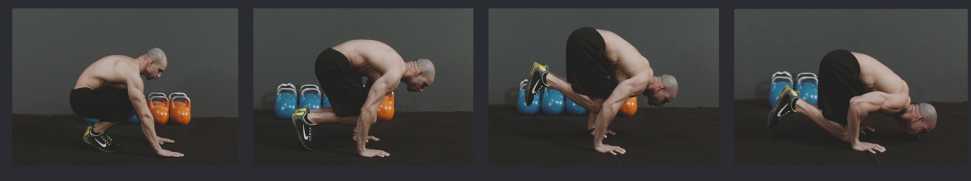
WORKOUT

1

## SKILL TRAINING: TUCKED PLANCHE PUSH-UPS

### - PLANCHE PROGRESSION #4 -

Today we will practice the tucked planche push-up. This is the fourth progression to a planche:



Do as many tucked planche push ups as you can for **100 secs** while keeping balance and write down how many reps you could do.

This is a really hard one! If you are struggling too much with this move, just practice pseudo push-ups and tucked planche until you move on to tucked planche 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

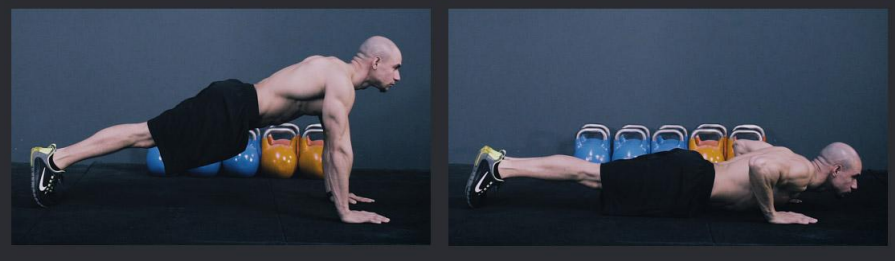
### 1. Pull-ups or Negative Chin-ups (1 rep)



### 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 UNIVERSE**

 5 Sets with 1 min break in between

### **1. Clap Pull-ups (5 reps)**



### **2. Tricep Dips (20 reps)**





# WORKOUT

# 1

### 3. In-and-out Push-ups (20 reps)



### 4. Squat Jumps (30 reps)



### 5. Leg Raises (20 reps)





# WORKOUT

# 1

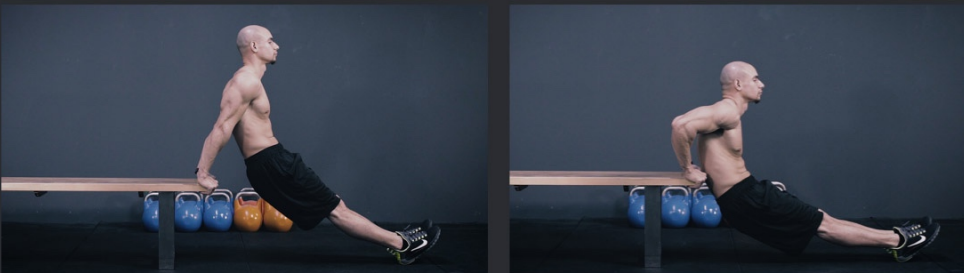
## WORKOUT ROUTINE 3: INWOOD

🔄 3 Sets with 1 min break in between

### 1. Pull-ups (15 reps)



### 2. Triceps Dip (30 reps)



### 3. Chin-ups (15 reps)





## SKILL TRAINING: WALKING HANDSTAND

Learn the walking handstand today!



This is a tough one, if you don't manage to do this at first, simply go back to practicing the handstand against a wall and the handstand push-ups. This will help you build the necessary strength for the final progression.



# WORKOUT ROUTINE 1: FREDDY PING FREESTYLE

1. Front Lever  
(hold for as long as you can)



2. Clap Pull-ups  
(2 reps)





### 3. Muscle-ups (2 reps)



### 4. Back Lever (hold for as long as you can)



### 5. Handstand Push-ups (10 reps)

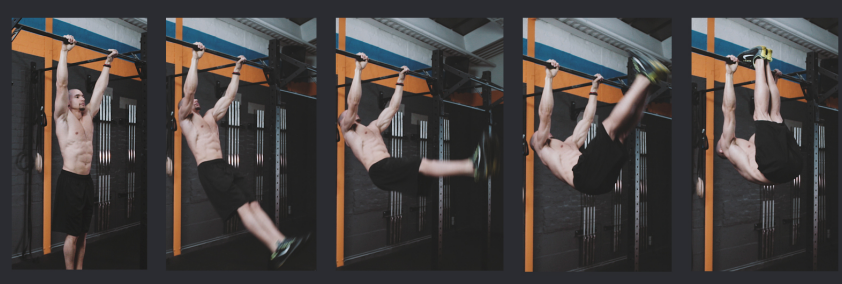




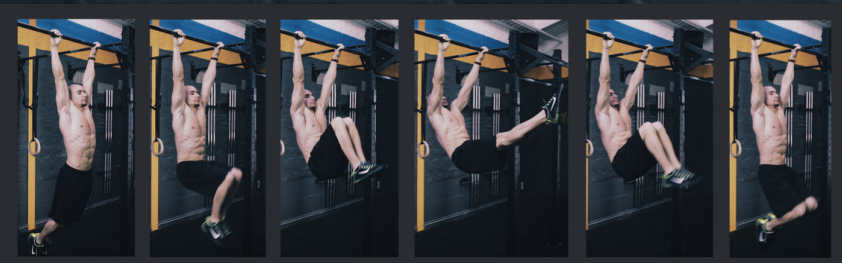
# WORKOUT ROUTINE 2: THE ABYSS

🔄 3 Sets with 1 min break in between

## 1. Full Leg Raises (15 reps)



## 2. L-Sit Kick-outs (15 reps)



## 2. Window Wipers (15 reps)





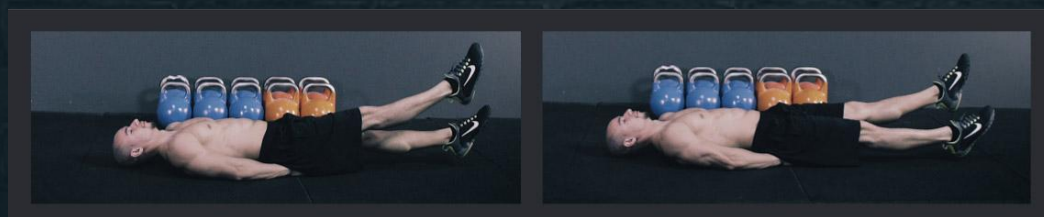
# WORKOUT ROUTINE 3: AUDUBON

🔄 3 Sets with 1 min break in between

## 1. Burpees (60 secs)



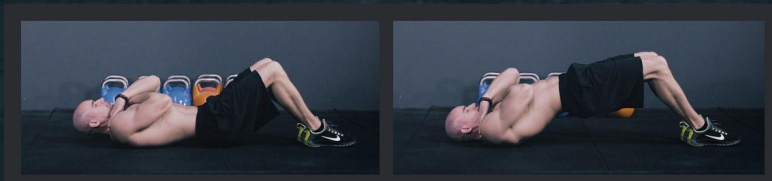
## 2. Leg Flutters (60 secs)



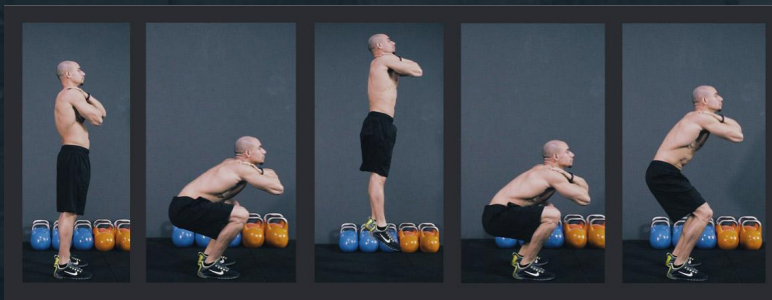
### 3. Jumping Lunges / Forward Lunges (60 secs)



### 4. Glute Bridge (60 secs)



### 5. Squat Jumps (60 secs)



### 6. Plank (60secs)





## SKILL TRAINING: **BACK LEVER SPECIAL**

Let's practice the back lever technique again:



Don't worry if you don't manage this exercise at first, keep practicing the previous progressions! Also, check out the following video for more detailed instructions: [https://www.youtube.com/watch?v=xCivCk6H\\_Ws](https://www.youtube.com/watch?v=xCivCk6H_Ws).

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 with good form.



# WORKOUT

# 3

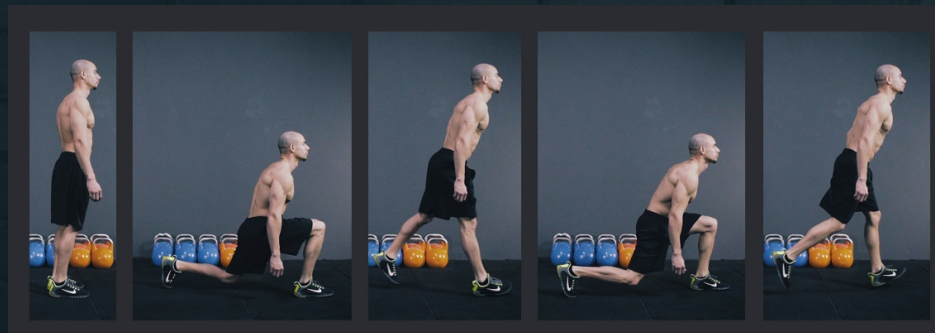
## WORKOUT ROUTINE 1: BERLIN

🔄 3 Sets with 1 min break in between

### 1. Burpees (50 reps)



### 2. Lunges (50 reps)





# WORKOUT

## 3

### 3. Push-ups (50 reps)




### 4. Side Plank (60 secs each side)



**WORKOUT**

**3**

## **WORKOUT ROUTINE 2: AMSTERDAM**

 4 Sets with 1 min break in between

### **1. Burpees (30 secs)**



### **2. Plank (30 secs)**

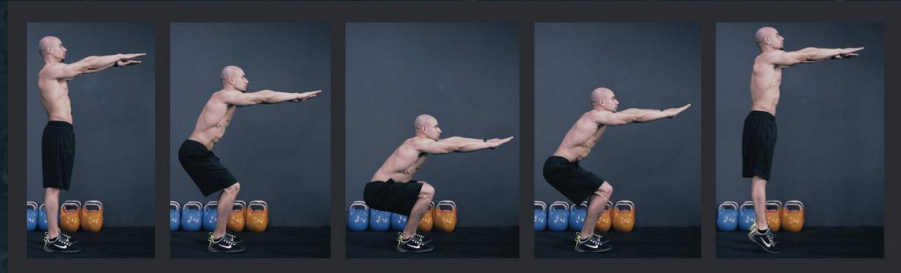




# WORKOUT

## 3

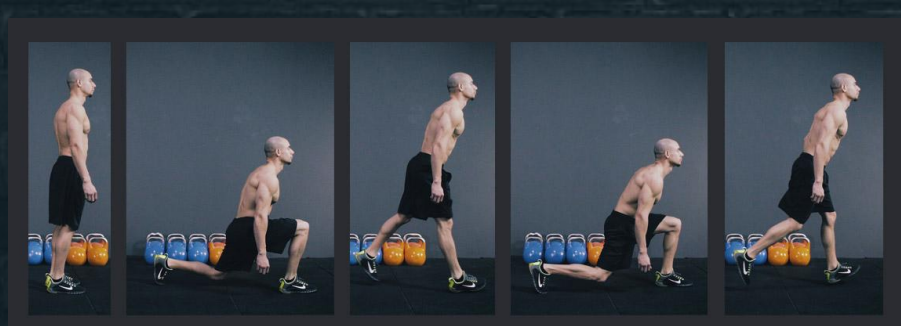
### 3. Squat Calf Raises (30 secs)



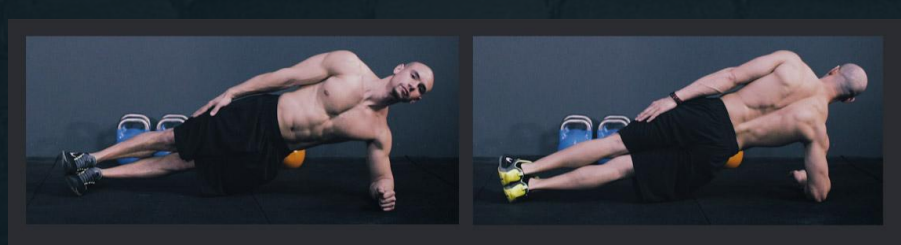
### 4. Push-ups (30 secs)



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



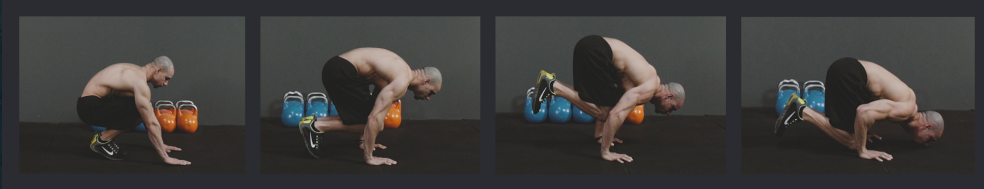
### 6. Side Plank - Both Sides (30 secs each side)



## SKILL TRAINING: TUCKED PLANCHE PUSH-UPS

### - PLANCHE PROGRESSION #4 -

Let's practice the tucked planche push-ups again:



Do as many tucked planche push ups as you can for **100 secs** while keeping balance and write down how many reps you could do.

Remember that you can always go back to pseudo push-ups or tucked planche if this one is still too challenging.



# WORKOUT ROUTINE 1: FREDDY PING FREESTYLE

1. Front Lever  
(hold for as long as you can)



2. Clap Pull-ups  
(2 reps)





### 3. Muscle-ups (2 reps)



### 4. Back Lever (hold for as long as you can)




### 5. Handstand Push-ups (10 reps)

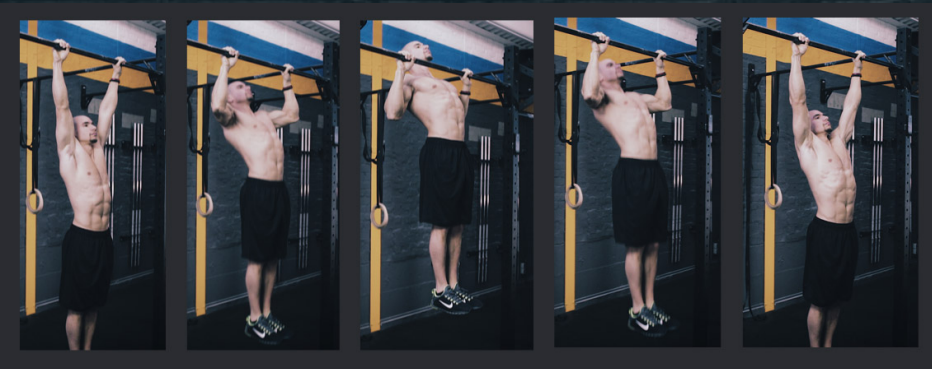




# WORKOUT ROUTINE 2: FUJI

 3 Sets with 30 secs break in between

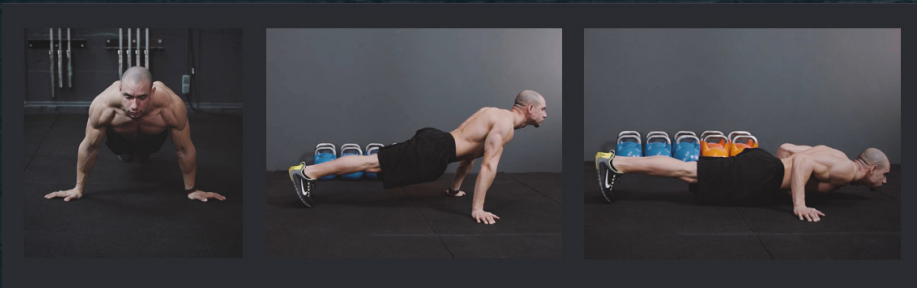
## 1. Pull-ups (50 reps)



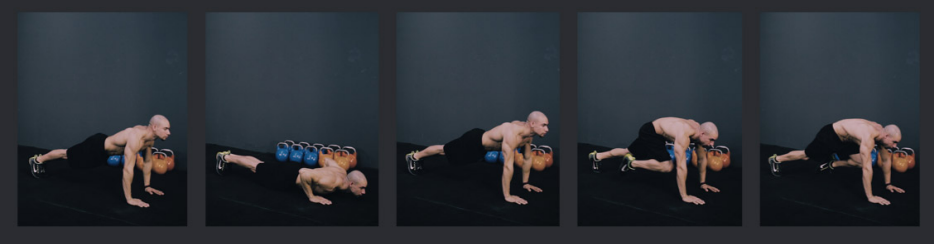
## 2. Front Jumps (100 reps)



**3. Pseudo Push-ups  
(50 reps)**



**4. Mountain Climbers  
(100 reps)**





WORKOUT

5

## SIGNIATURE SKILL TRAINING: FRONT LEVER

Finally, it's time to try the big front lever! Here is how it looks like:




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 with good form.



**WORKOUT**

**5**

# WORKOUT ROUTINE 1: **ED CHECO FREESTYLE**

 3 Sets with 1 min break in between

## 1. Clap Pull-up (5 reps)



## 2. Window Wipers (10 reps)





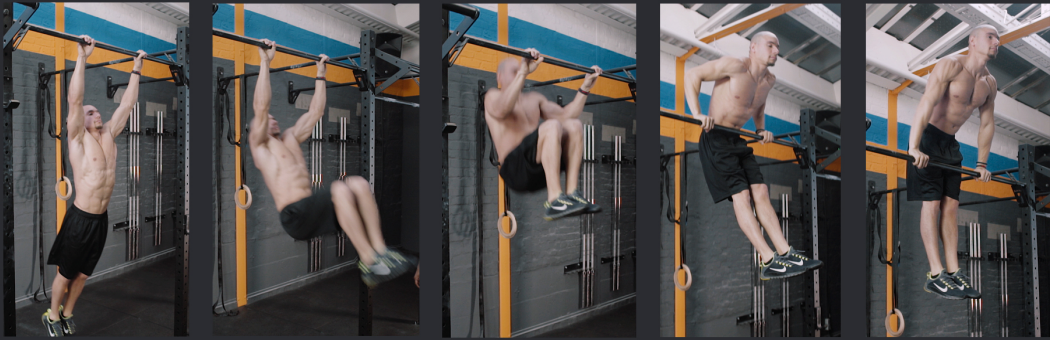
# WORKOUT

# 5

## 3. Superman Push-ups (5 reps)




## 4. Window Wipers (3 reps)



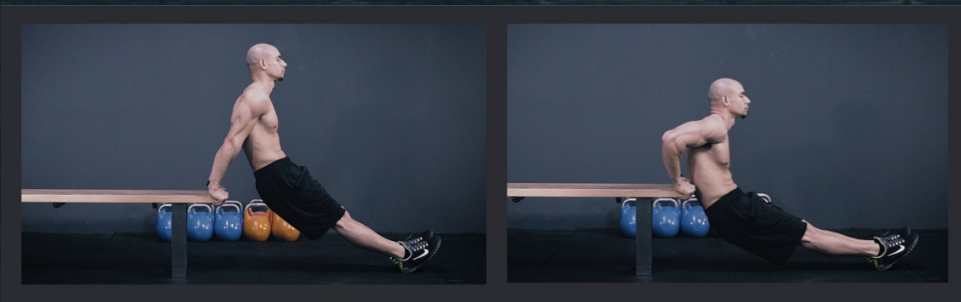
**WORKOUT**

**5**

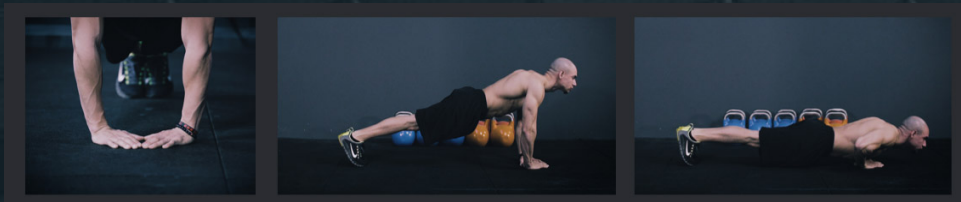
## **WORKOUT ROUTINE 2: FORT WASHINGTON**

 4 Sets with 1 min break in between

**1. Tricep Dips**  
(20 reps)



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






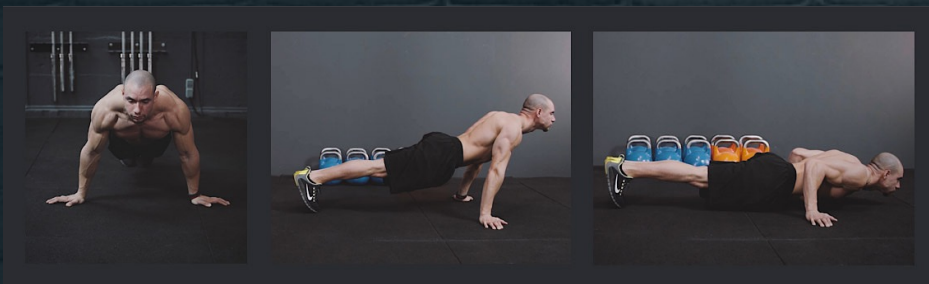
**WORKOUT**

**5**

## **WORKOUT ROUTINE 3: 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)**

