



Workout Guide

**BARSTARZZ**

**BTX**

**WEEK 1 - 4**

**PULL UP  
OR SHUT UP.**

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# PRODUCT DISCLAIMER

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# WHAT IS BARSTARZZ BTX?

Barstarzz BTX is a 12-week 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 12 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!

A workout always consists of a warm-up, a skill training session, a workout routine and some stretching to cool down. Only after you've finished all of these sections, will you have completed the workout. Make sure you do them all immediately after each other in one workout session (short 2-3 minute breaks in between are allowed to refuel energy). 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!

# 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 closed Facebook group where only BTX members have access to:

<https://www.facebook.com/groups/barstarzzbtx>

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.

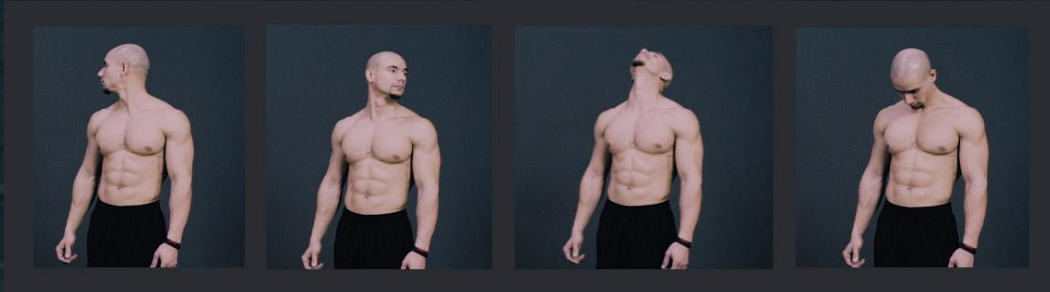
After finishing your workout routine it's very important to spend an additional 5-10 minutes stretching. This helps to reduce muscle soreness and fatigue. Your muscles will recover faster and are primed and pumped up for the next workout



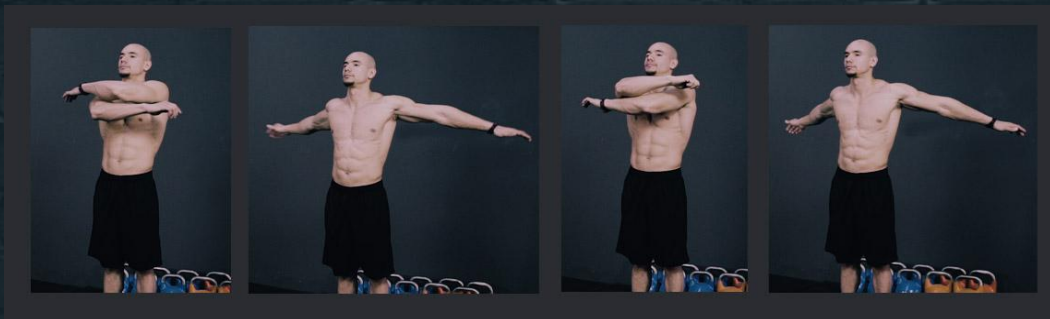


# 1. WARM-UP ROUTINE

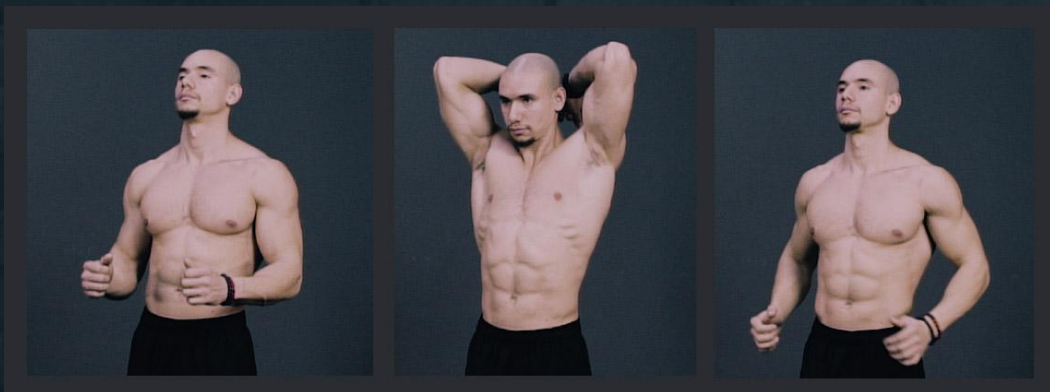
## 1. Neck Turns (90 secs)



## 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

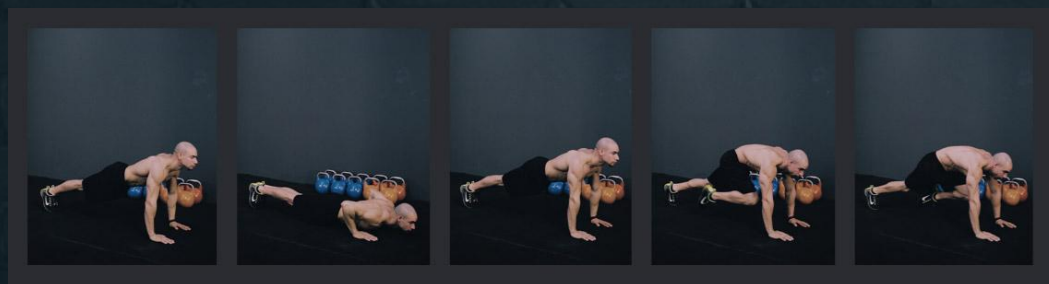
6. Jumping Jacks could also be substituted by:

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)

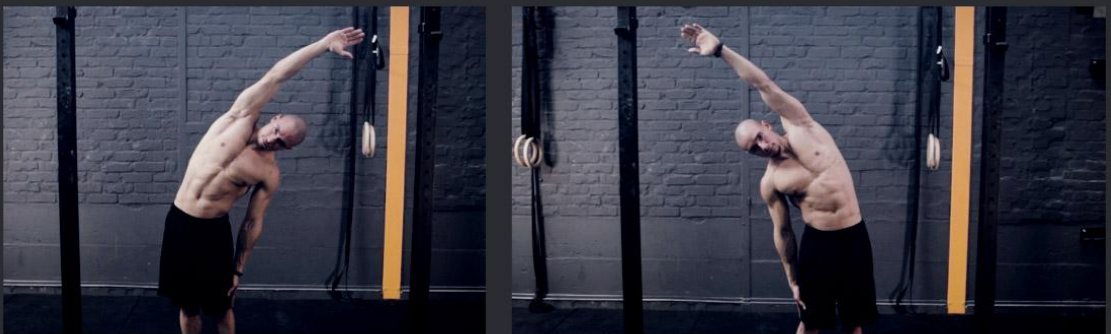


## 2. STRETCHING EXERCISES

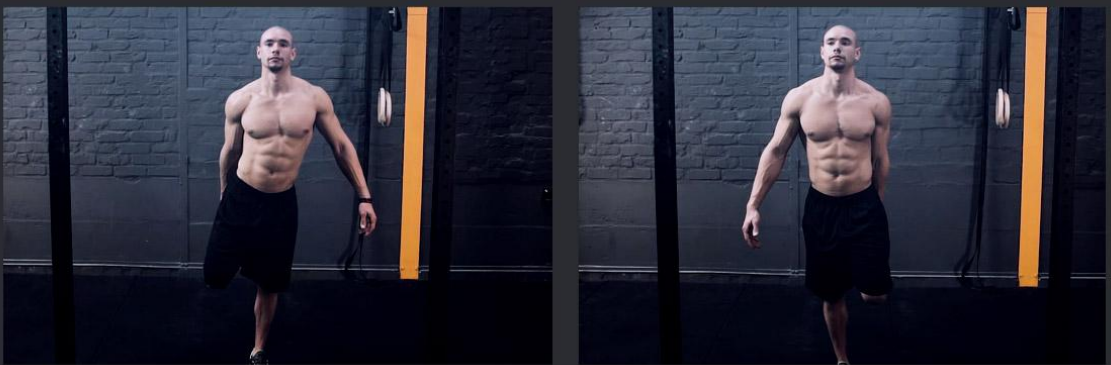
### 4. Feet & Floor Touches (60 secs)



### 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

## WEEK 1 - 4

This will be the guide for your next month with 4-5 workouts per week. A workout always consists of a warm-up, a skill training session, at least one workout routine and some stretching to cool down. Only after you've finished all of these sections will you have completed the workout.

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

### **Skill Training Rules:**

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

This means:

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



**WEEK 1**

**HANDS ON THE BARZZ**

# WORKOUT

# 1

## SKILL TRAINING:

# PULL-UPS / NEGATIVE CHIN-UPS

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



## EASIER VERSION:



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

# WORKOUT

# 1

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

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



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



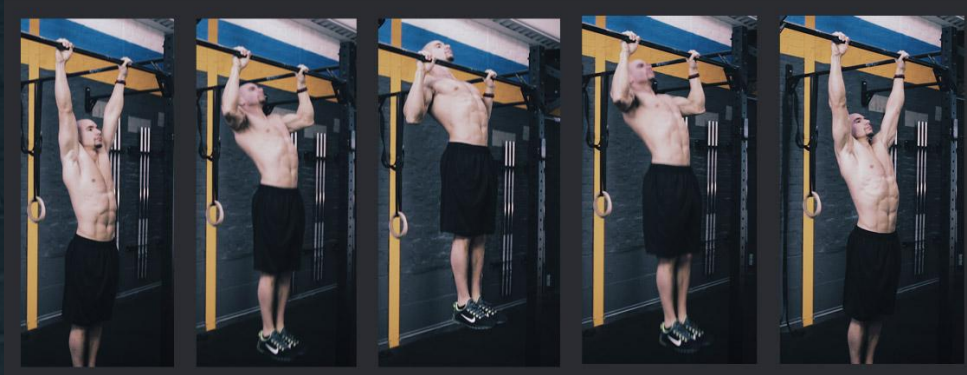
### EASIER VERSION:



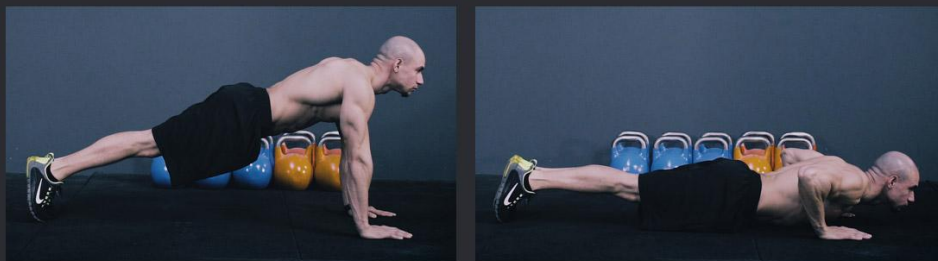
# WORKOUT

# 1

## 3. Pull-ups (2 reps)



## 4. Push-ups (10 reps)



### EASIER VERSION:



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

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

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

... and so on.

Write down how many sets you could do.

# SKILL TRAINING: PUSH-UPS

This is what your push-up should look like:



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## EASIER VERSION:



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

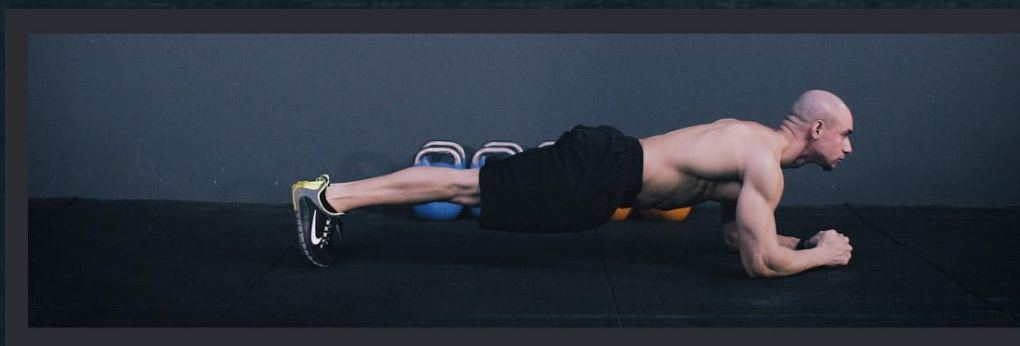
# WORKOUT ROUTINE: AMSTERDAM

🔄 4 Sets with 1 min break in between

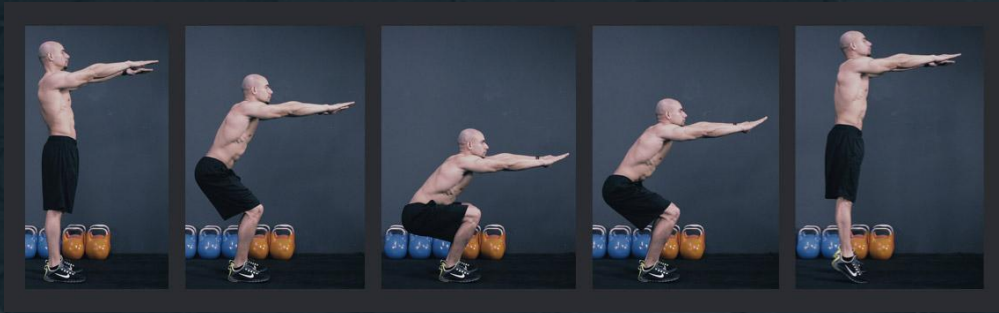
## 1. Burpees (30 secs)



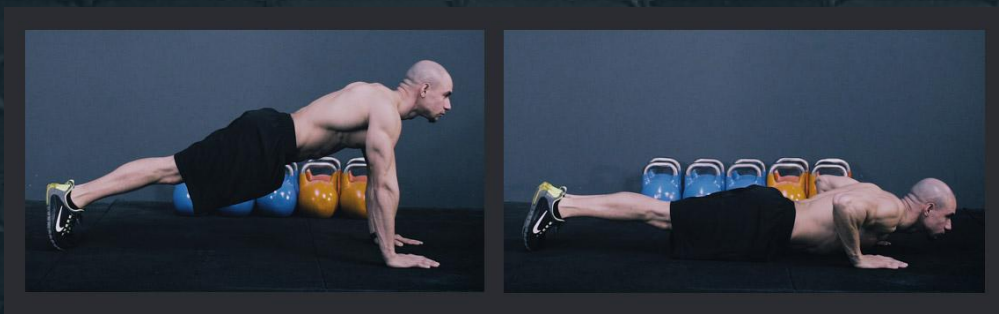
## 2. Plank (30 secs)



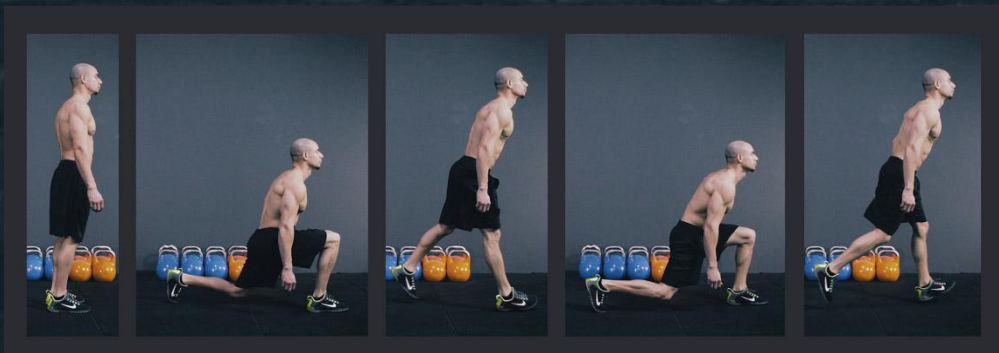
### 3. Squat Calf Raises (30 secs)



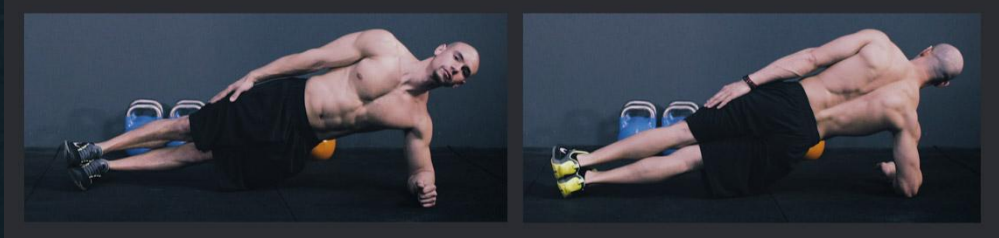
### 4. Push-ups (30 secs)



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



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



WORKOUT

3

## SKILL TRAINING: PLANK

This is what a proper plank should look like:



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



# WORKOUT

# 3

## WORKOUT ROUTINE: VERMILYA

🔄 4 Sets with 1 min break in between

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



### 2. Plank (30 secs)



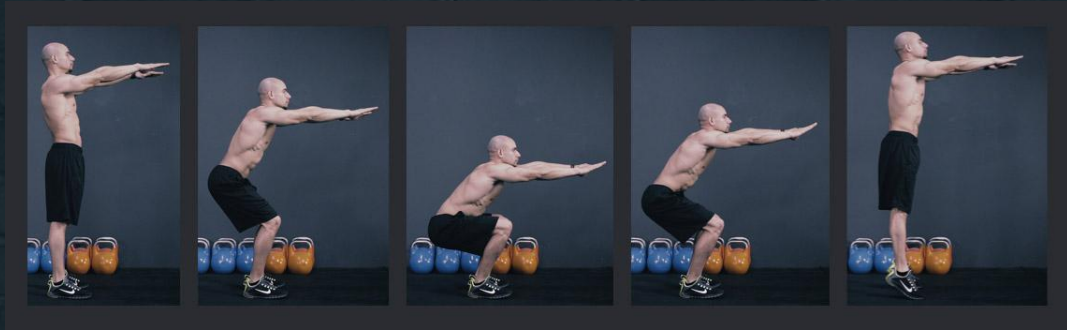
### 3. Slide Plank - Both Sides (30 secs each side)



# WORKOUT

# 3

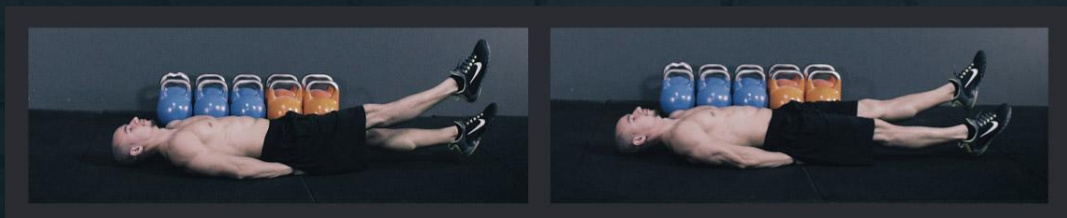
## 4. Squat Calf Raises (15 reps)



## 5. Squat Sit (30 secs)



## 6. Leg Flutters (30 secs)



# SKILL TRAINING: BURPEES

Don't do a sloppy burpee! Learn the real technique:



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

# WORKOUT ROUTINE: AUDUBON

🔄 3 Sets with 1 min break in between

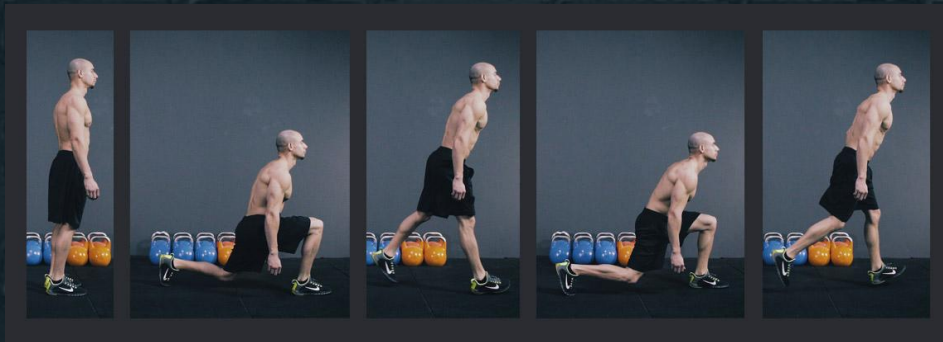
## 1. Burpees (60 secs)



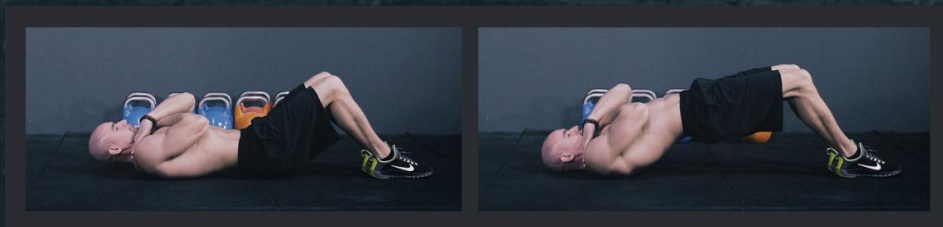
## 2. Leg Flutters (60 secs)



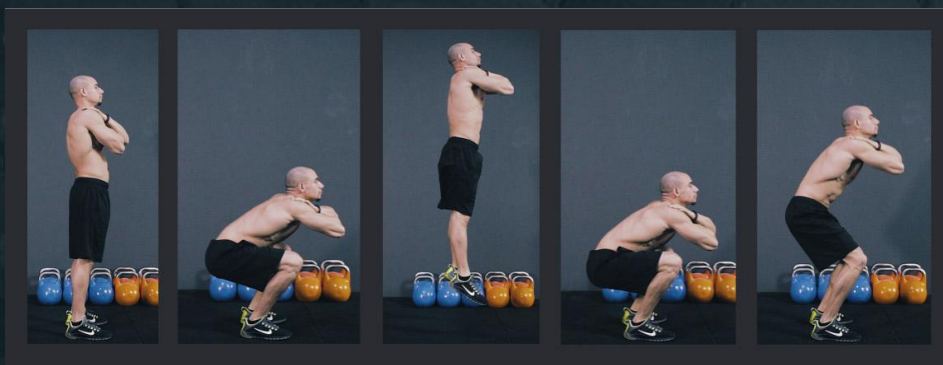
## 3. Jumping Lunges / Standard Lunges (60 secs)



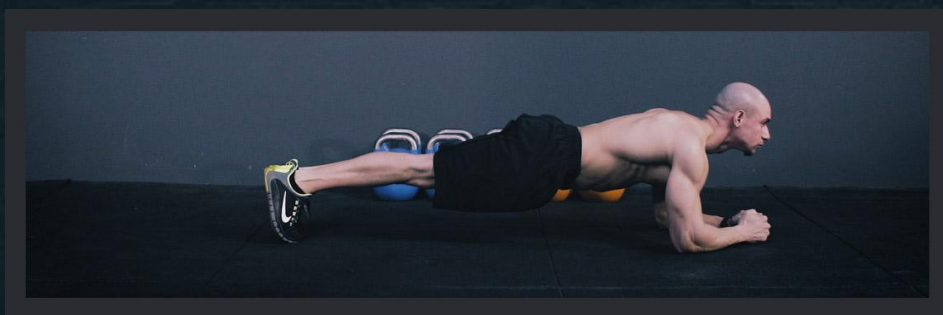
## 4. Glute Bridge (60 secs)



## 5. Squat Jumps (60 secs)



## 6. Plank (60secs)



# WEEK 2

LEVEL UP YOUR BAR

# WORKOUT

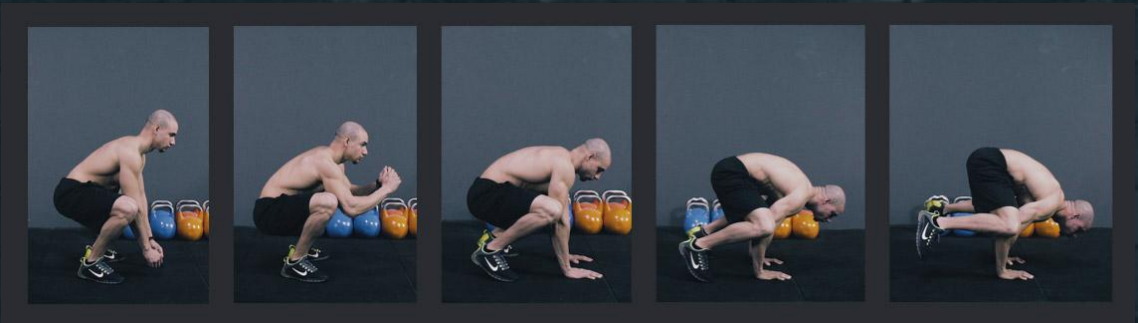
# 1

## SKILL TRAINING:

# FROG STAND

## - PLANCHE PROGRESSION #1 -

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



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

# WORKOUT

# 1

## WORKOUT ROUTINE 1: PULL-UP PYRAMID

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



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



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

For example:

Set 4: 4 pull-ups, 10 secs break

Set 5: 5 pull-ups, 10 secs break

Set 6: 4 pull-ups, 10 secs break

Set 7: 3 pull-ups, 10 secs break

... and so on.



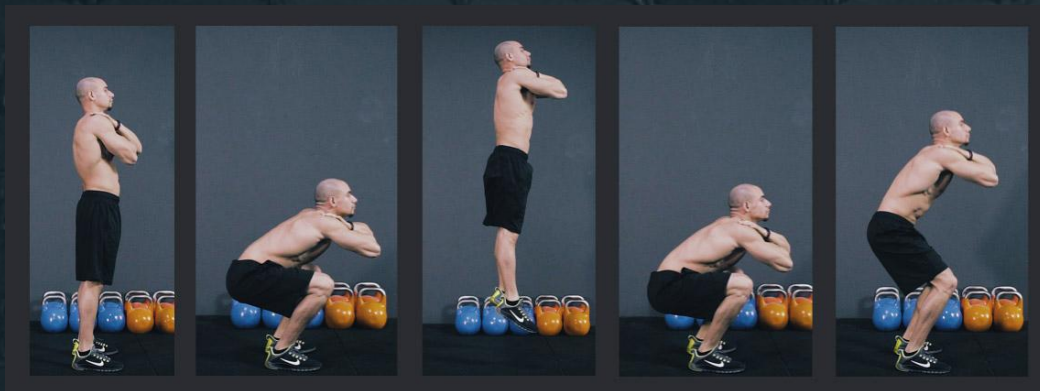
# WORKOUT

# 1

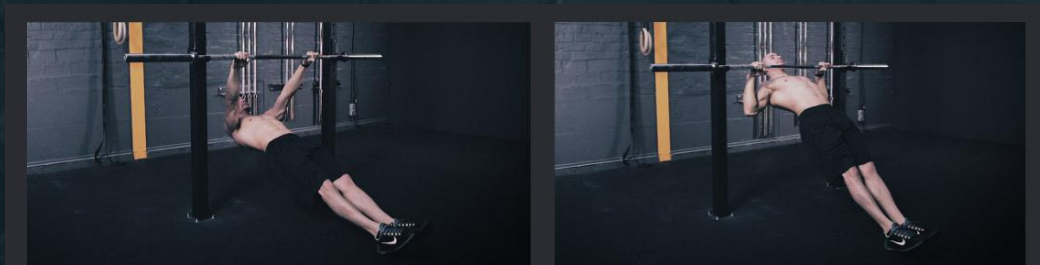
## WORKOUT ROUTINE 2: WASH HEIGHTS WARRIOR

🔄 3 Sets with 1 min break in between

### 1. Squat Jumps (60 secs)



### 2. Bodyweight Rows (60 secs)



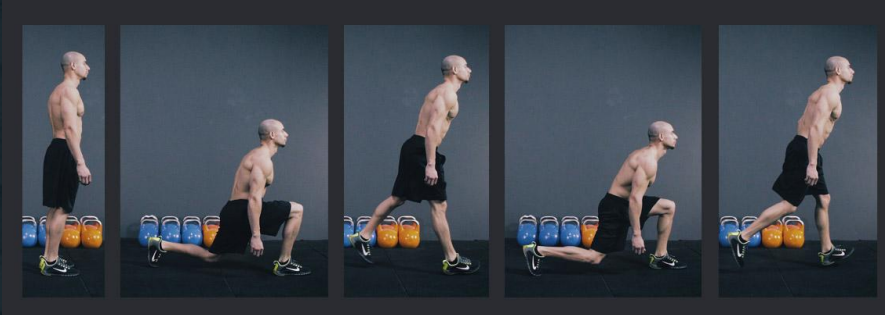
### EASIER VERSION:



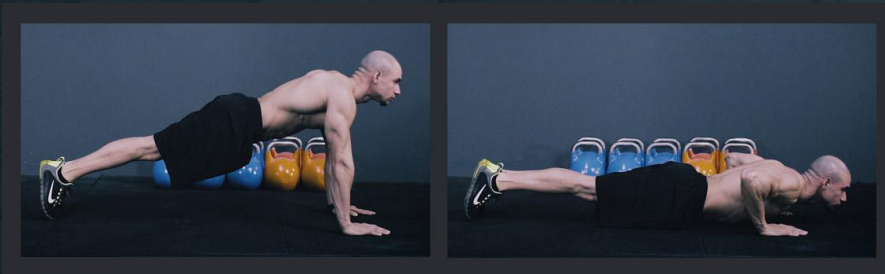
# WORKOUT

# 1

## 3. Lunges (60 secs)



## 4. Push-ups (60 secs)



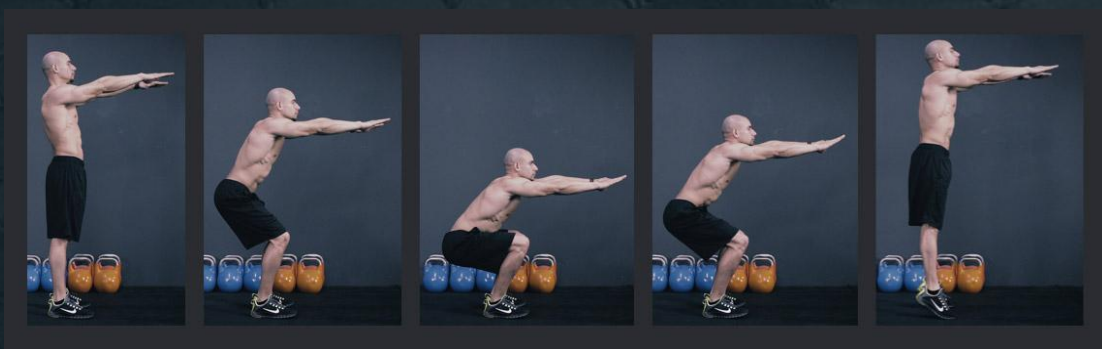
## 5. Burpees (60 secs)



## SKILL TRAINING: SQUAT CALF RAISES

Today we will teach you squat calf raises.

NOTE: your knees should never go past your toes!



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

# WORKOUT ROUTINE: BROADWAY

🔄 3 Sets with 1 min break in between

## 1. Shoulder Diamonds (100 reps)



## 2. Pull-ups (10 reps)



### EASIER VERSION:



### 3. Tricep Dips (15 reps)



#### EASIER VERSION:



### 4. Bodyweight Rows (15 reps)



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

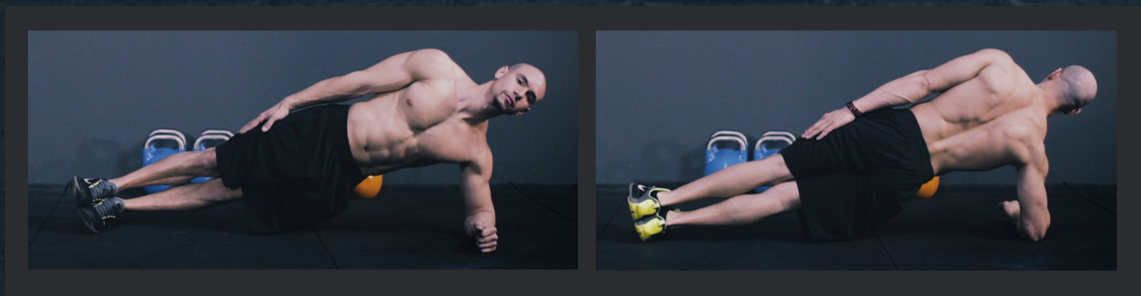


WORKOUT

3

## SKILL TRAINING: SIDE PLANK

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



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

# WORKOUT

## 3

### WORKOUT ROUTINE: **ROME**

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

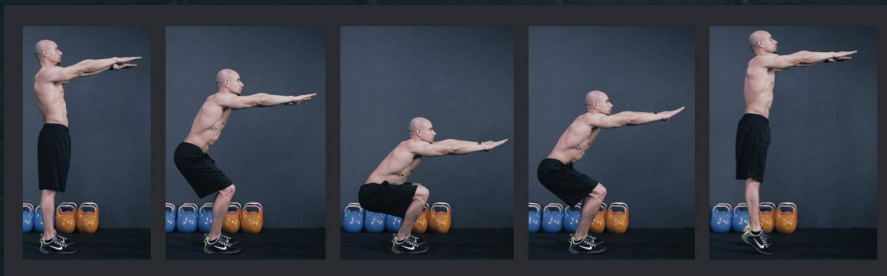
#### 1. Burpees (20 reps)



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



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



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

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

## SIGNATURE SKILL TRAINING: ARCHER PUSH-UPS

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



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

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



# WORKOUT ROUTINE: GIZA

🔄 4 Sets with 1 min break in between

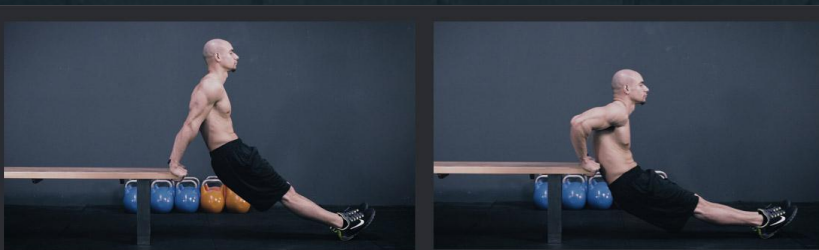
1. Push-ups  
(60 secs)



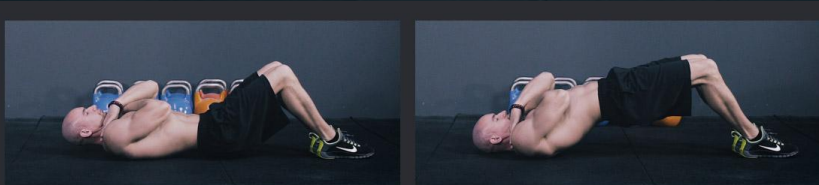
2. Plank  
(60 secs)



3. Tricep Dips  
(60 secs)



4. Glute Bridge  
(60 secs)



## WORKOUT ROUTINE 2: LONDON

🔄 3 Sets with 1 min break in between

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



### 2. Knee Raises (60 secs)



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



# WEEK 3

**EARN YOUR BODY**

# WORKOUT

# 1

## SKILL TRAINING: DIAMOND PUSH-UP

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



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

# WORKOUT

# 1

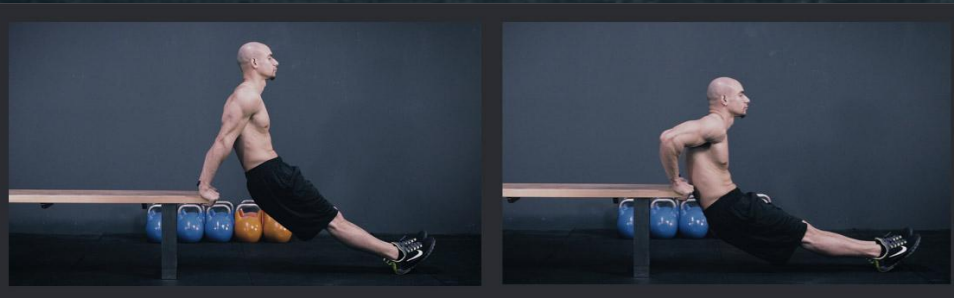
## WORKOUT ROUTINE: AROUND THE BLOCK

🔄 5 Sets with 1 min break in between

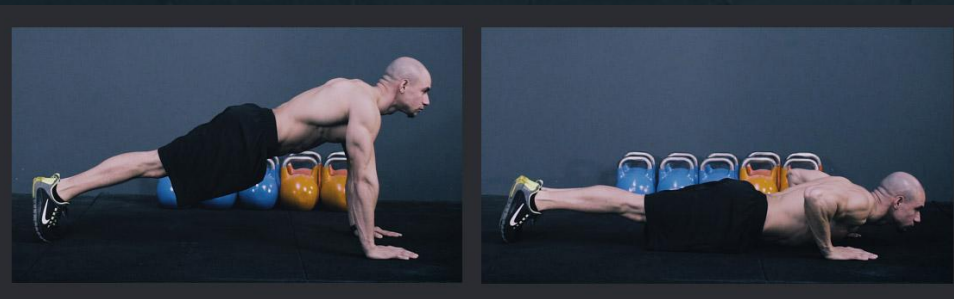
1. Pull-ups  
(5 reps)



2. Tricep Dips  
(10 reps)



2. Push-ups  
(10 reps)



## SKILL TRAINING: HANDSTAND KICK-UP

Try your first handstand kick-up against a wall:

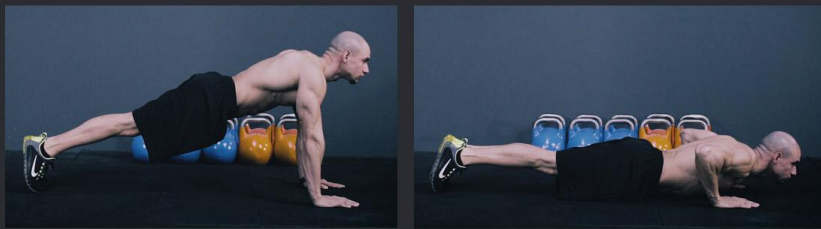


Hold it for as long as you can. If you have to come back down, keep going back into the handstand and practice it for min. **100 seconds**. Write down how long you could stay in the position with good form.

# WORKOUT ROUTINE: PINEHURST

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

## 1. Push-ups (1 rep)



## 2. Plank (1 sec)



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

For example:

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

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

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

...

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

WORKOUT

3

## SKILL TRAINING: BODYWEIGHT ROW

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



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### EASIER VERSION:




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



**WORKOUT**

**3**

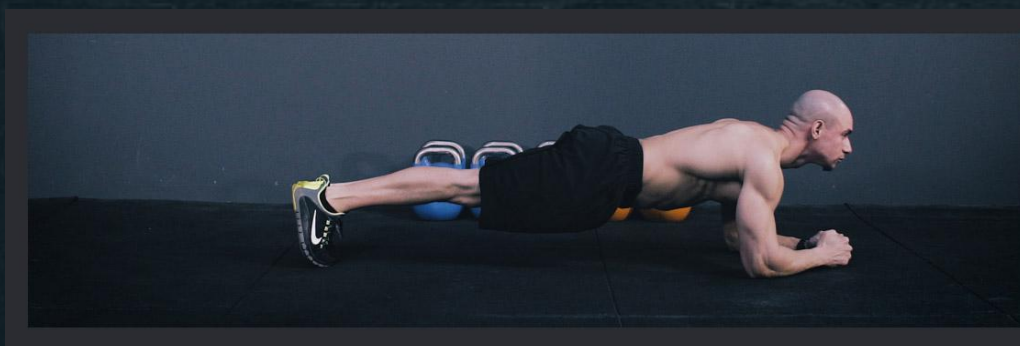
# WORKOUT ROUTINE: AMSTERDAM

 4 Sets with 1 min break in between

**1. Burpees**  
(30 secs)



**2. Plank**  
(30 secs)



# WORKOUT

# 3

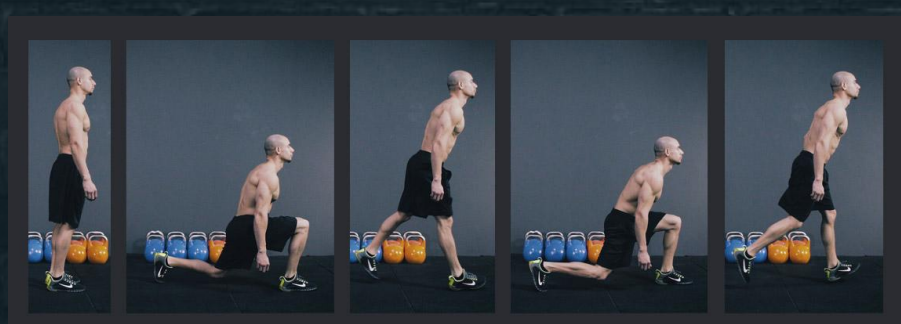
## 3. Squat Calf Raises (30 secs)



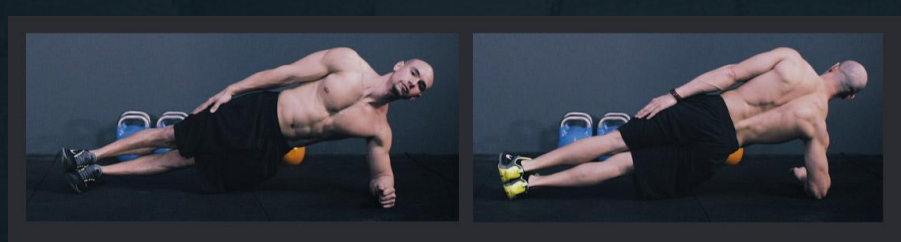
## 4. Push-ups (30 secs)



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



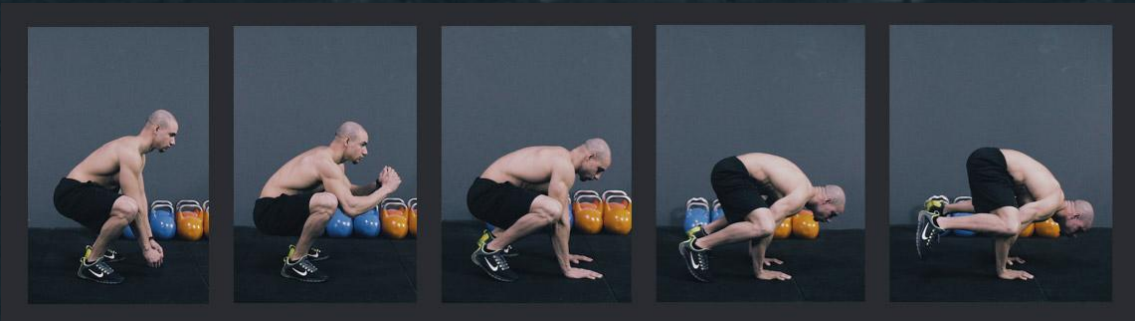
## 6. Side Plank - Both Sides (30 secs each side)



## SKILL TRAINING:

**FROG STAND****- PLANCHE PROGRESSION #1 -**

Let's practice the frog stand again. This will help build your resilience and capabilities to do arm balances.

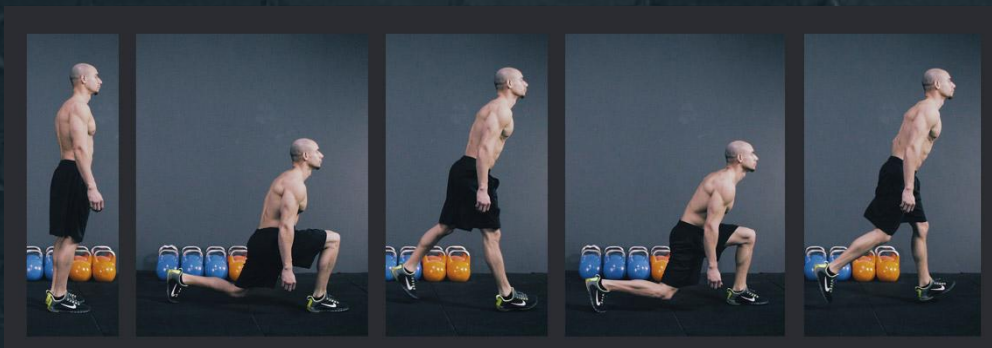


Hold the frog stand for as long as you can. Keep going back into the move and practice it for min. **100 seconds**. Write down how long you could stay in the position with good form.

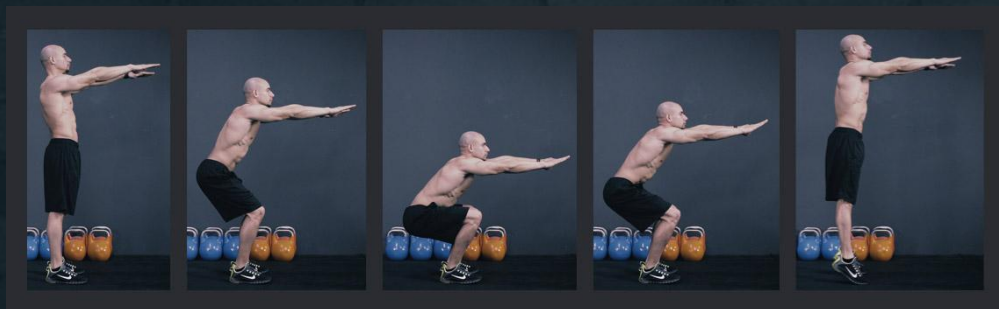
# WORKOUT ROUTINE 1: STUMBLING

↻ 3 sets with 1 min break in between

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



## 2. Squat Calf Raises (15 reps)



### 3. Squat Jumps (10 reps)



### 4. Forward Jumps (5 reps)



### 5. Squat Sit (30 secs)



## WORKOUT ROUTINE 2: LONDON

🔄 3 Sets with 1 min break in between

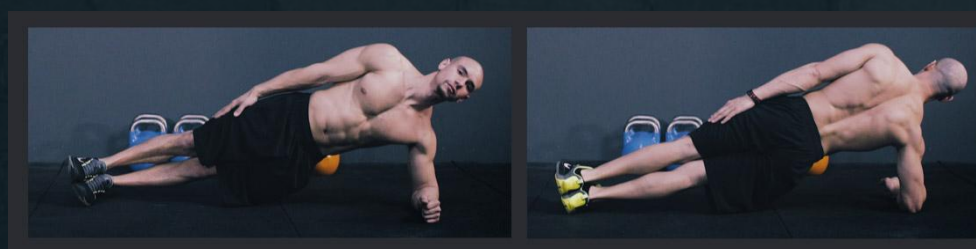
### 1. L-Sit Kick-Outs (60 secs)



### 2. Knee Raises (60 secs)



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



**WEEK 4**

**YOU CAN & YOU WILL**

## WORKOUT

# 1

## SKILL TRAINING: HANDSTAND KICK-UP

Let's practice the handstand kick-up again. Make sure to squeeze your thighs together, keep your fingers spread apart and lock your shoulders into place to keep them actively engaged. This will make the difference!



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



# WORKOUT

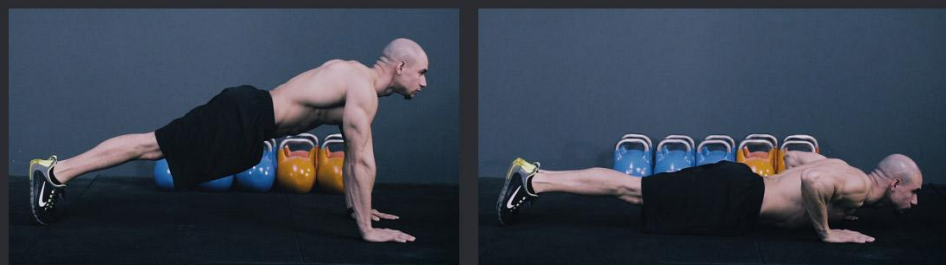
# 1

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

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



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



Continue by adding one pull-up rep each time until you can't do any more sets. For example:

Set 2: 2 pull-ups, 10 push-ups

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 2: PULL-UP PYRAMID

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



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



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

For example:

Set 4: 4 pull-ups, 10 secs break

Set 5: 5 pull-ups, 10 secs break

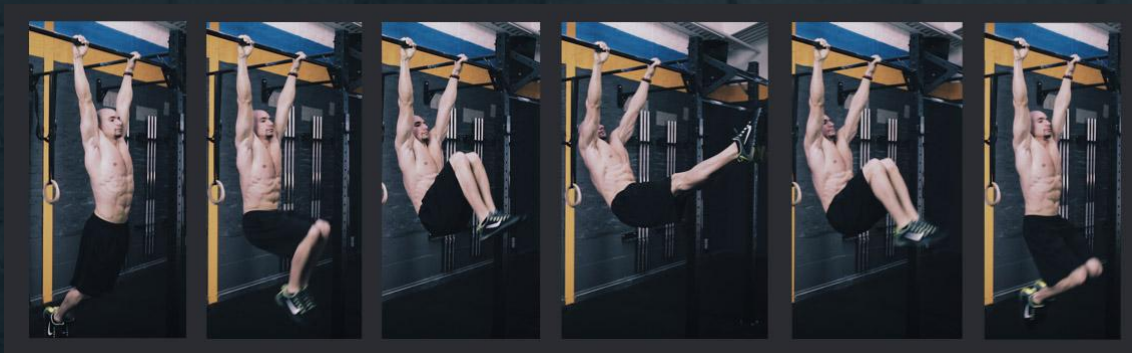
Set 6: 4 pull-ups, 10 secs break

Set 7: 3 pull-ups, 10 secs break

... and so on.

## SKILL TRAINING: L-SIT KICK-OUT

Learn the perfect technique for the L-sit kick-out. Most importantly: try NOT to swing too much on the bar!



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

# WORKOUT ROUTINE 1: LONDON

🔄 3 Sets with 1 min break in between

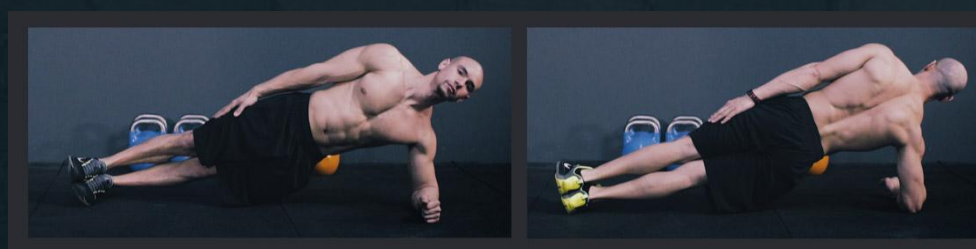
## 1. L-Sit Kick-Outs (60 secs)



## 2. Knee Raises (60 secs)



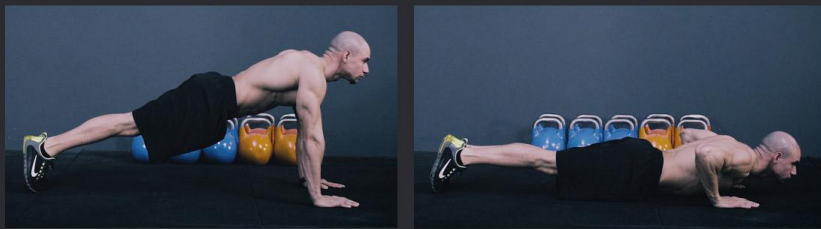
## 3. Side Plank - Both Sides (30 secs each side)



## WORKOUT ROUTINE 2: PINEHURST

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

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



### 2. Plank (1 sec)



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

For example:

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

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

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

...

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

## WORKOUT

# 3

### SKILL TRAINING:

# TUCK FRONT LEVER

## - FRONT LEVER PROGRESSION #1 -

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



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

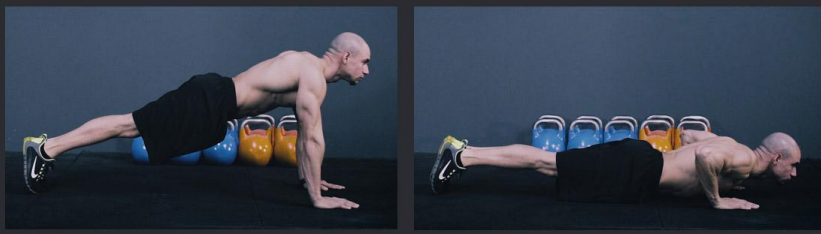
# WORKOUT

# 3

## WORKOUT ROUTINE: VERMILYA

🔄 4 Sets with 1 min break in between

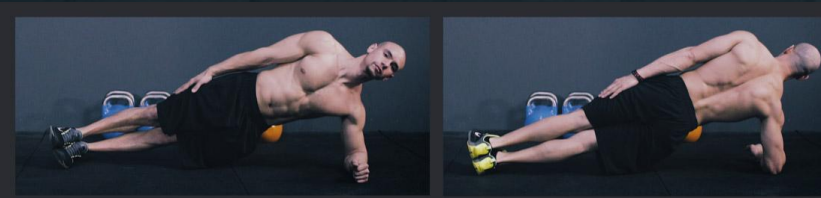
1. Push-ups  
(10 reps)



2. Plank  
(30 secs)



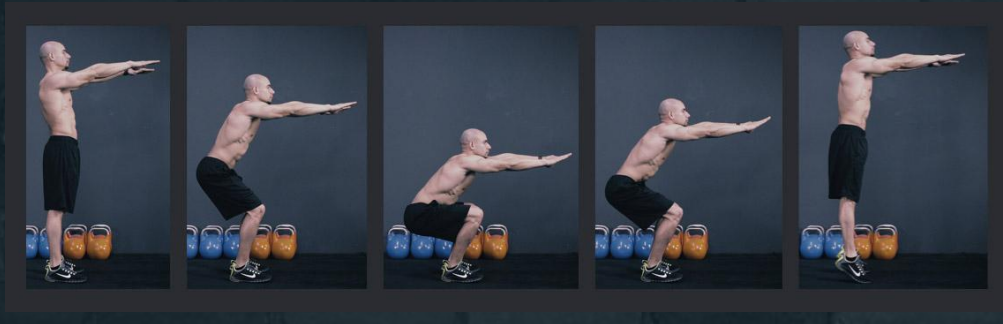
3. Side Plank - Both Sides  
(30 secs each side)



# WORKOUT

## 3

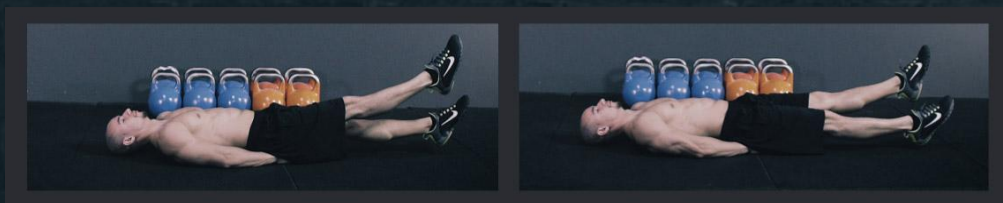
### 4. Squat Calf Raises (15 reps)



### 5. Squat Sit (30 secs)



### 6. Leg Flutters (30 secs)

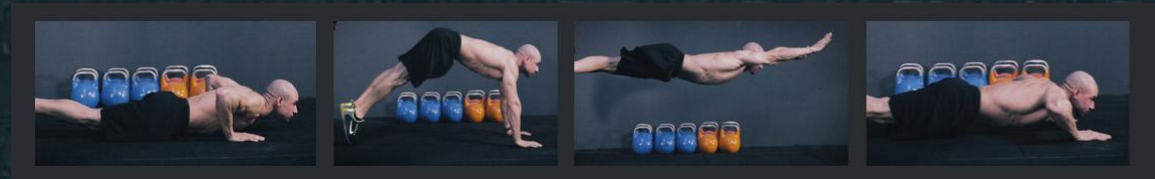




## SKILL TRAINING & CHALLENGE #1: SUPERMAN PUSH-UP

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

This is what it should look like:



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

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

# WORKOUT ROUTINE: GIZA

🔄 4 Sets with 1 min break in between

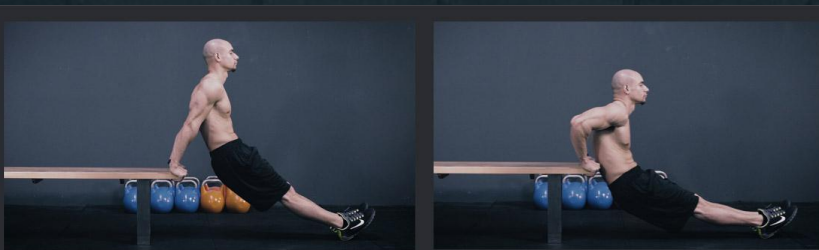
## 1. Push-ups (60 secs)



## 2. Plank (60 secs)



## 3. Tricep Dips (60 secs)



## 4. Glute Bridge (60 secs)

