

MADBARZ.com

# 10-DAY WORKOUT PLAN



# ABOUT

Shift your body into next gear with this 10-day workout plan designed to develop your strength and endurance and to make your workouts simple and fun!

This workout plan is made up of the pre-made Madbarz workout routines so that you can track your progress through the app.

## Everything you need to do is:

- Pick a workout from the plan
- Select the workout in the Madbarz App
- Use Madbarz suggested repetitions / seconds
- Edit reps / sec if needed
- Give it all you got!



**DESIGNED BY  
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# 10 DAYS WORKOUT PLAN

## TARGET: FULL BODY

Break between exercises

60 sec

Break between cycles

180 sec

Day 1	Back and bicep hazard
Day 2	Push up routine
Day 3	Can't walk
Day 4	REST DAY
Day 5	Shoulder control
Day 6	Fat removal
Day 7	Triceps limit
Day 8	REST DAY
Day 9	Full body hype
Day 10	Heart attack

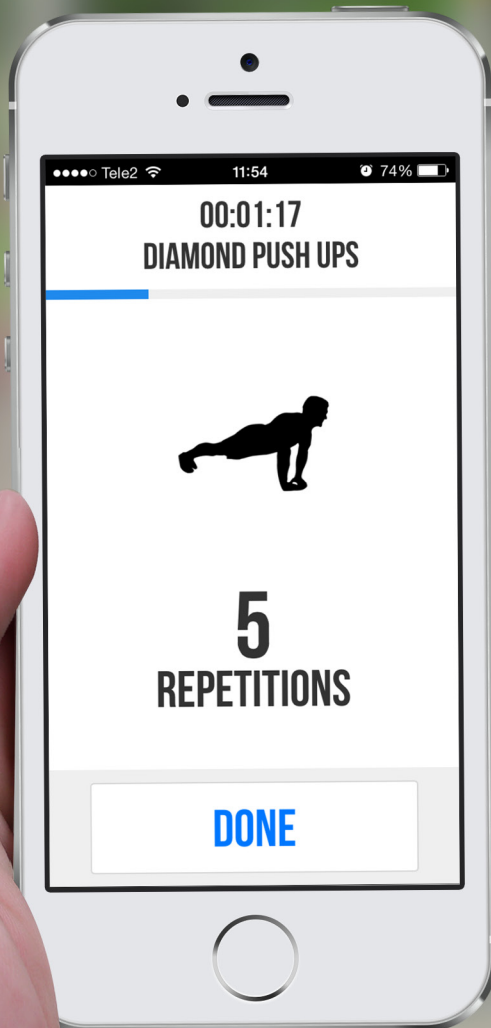




**NOTHING  
GOOD  
IN  
LIFE  
COMES  
EASY**



# MADBARZ



## Madbarz Workout App



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