

MADBARZ



BURNOUT CHALLENGE

EACH DAY - ONE EXERCISE - MAX REPS - 3 ROUNDS

ARMS	LEGS	ABS	BACK	TOTAL BODY
1 PUSH UP	2 SQUATS	3 FLUTTER KICKS	4 CHIN UPS	5 PLANK
6 WIDE GRIP PUSH UP	7 WALL SIT	8 HEEL TOUCH CRUNCHES	9 PULL UPS	10 HALF BURPEES
11 CHAIR DIPS	12 SQUAT JUMPS	13 HANGING KNEE RAISES	14 CHIN UP HOLD	15 BURPEES
16 DIAMOND PUSH UP	17 LUNGES	18 V UPS	19 WIDE GRIP PULL UPS	20 MOUNTAIN CLIMBERS
21 PUSH UP	22 BULGARIAN SPLIT SQUATS	23 BICYCLE CRUNCHES	24 CLOSE GRIP CHIN UP	25 BURPEES
26 CHAIR DIPS	27 SQUAT JUMPS 180	28 V HOLD	29 PULL UPS	30 BURPEE HIGH JUMP

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#30DAYMADBARZ