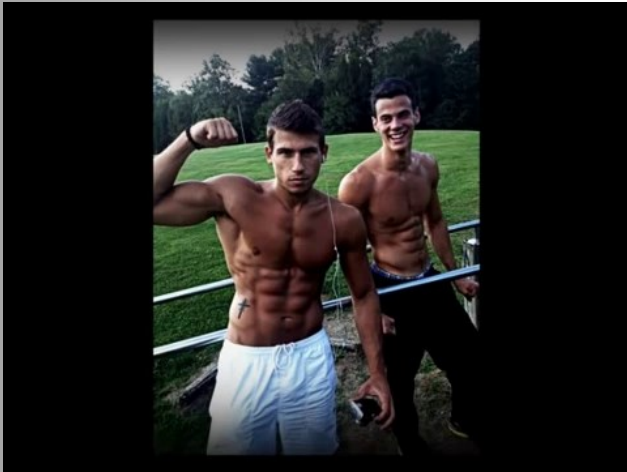


BAR BROTHERS



More about the brothers



The bar brothers are a training group started by the brothers Dusan Lazar Novovic Djolevic and that created a different kind and innovative training routine based on the bar.

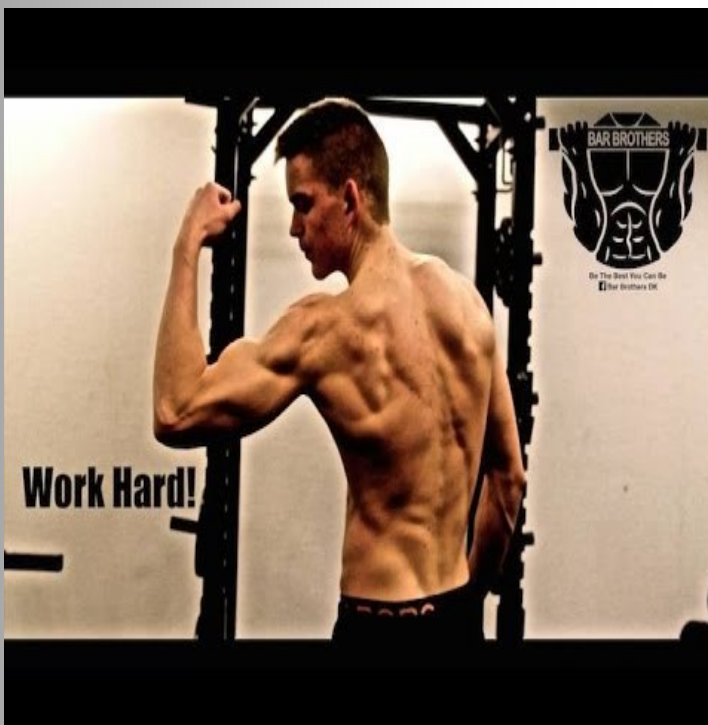
The characteristics of training of the bar brothers are efficient , fun and free to keep our body fit. The goal is to get a toned , strong and defined body.

If you want to have a good time outdoors and take advantage of the street furniture, train in a park can be a great option for strengthening your muscles. Besides all the exercises discussed on this page can aerobic series, continuous per example you can run for 15-30 minutes before training on the bar. It would also be a good option up and down hills to give your legs an extra effort. This is not the official website of Bar Brothers.

Q. & A.

C **an i get a body as bar brothers?**

Of course, yes. If they and other thousands of people got it so you can! Below you have a lot of routines to start and get a best and strong

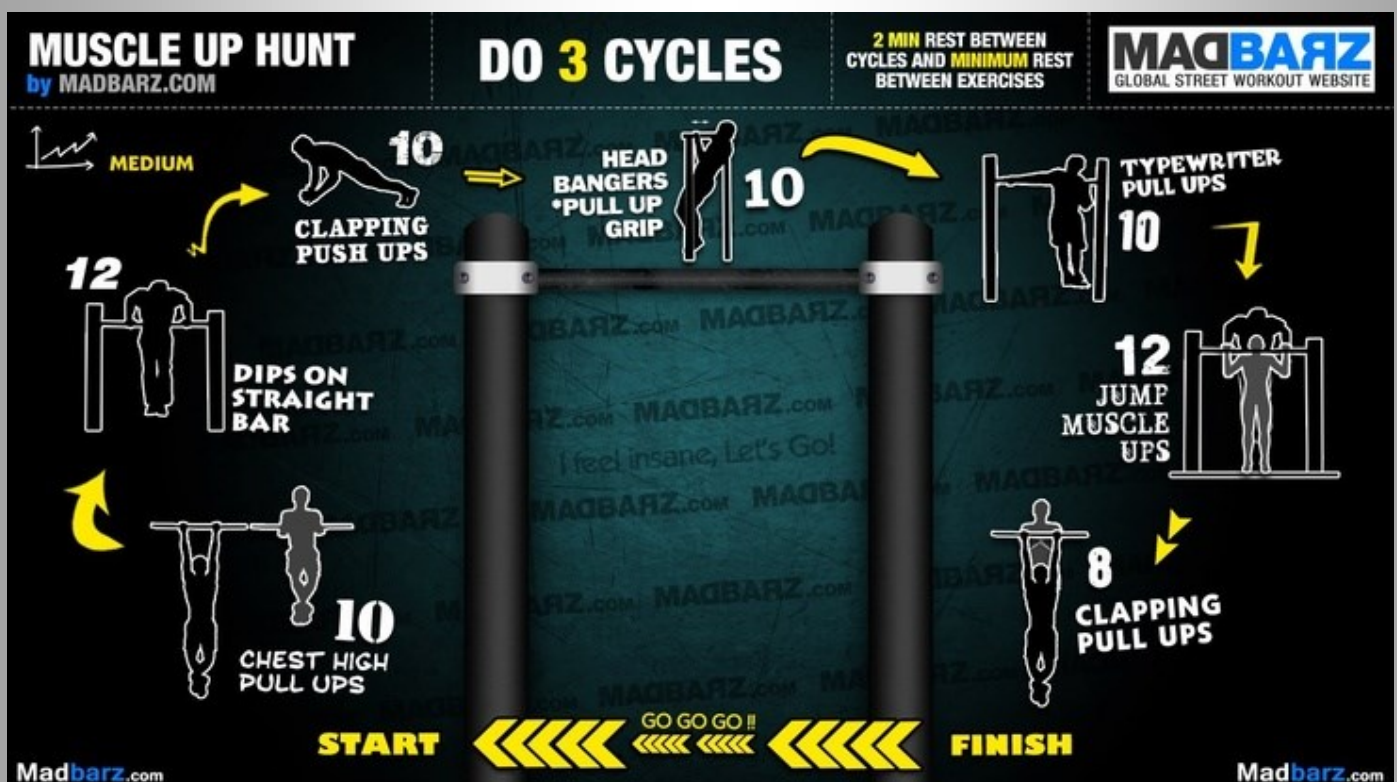


To continue to learn a little more routine entrainment of bar brothers I invite you to read these article. With them you can have closer and achieve a dash of motivation, something that you may need today.

How long do I need to tone my body?

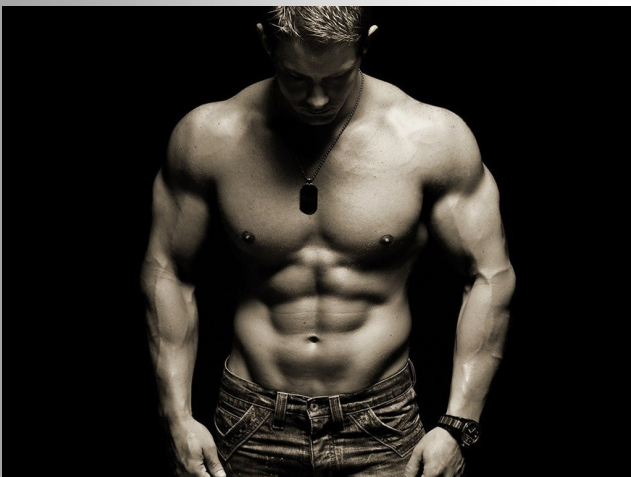
Most results are achieved at 4-6 months, as long as we persevere in our work. We will need to work hard to get the results we want, only in this way our bodies move towards a stronger body and defined.

Here is same examples of people that uses the bar brothers workout routine



History of Street Workout

Briefly the Street Workout exercise is using the environment, playing sports in the street, using lampposts or bars of parks to make pull bar exercises. In any big city we see people exercising outdoors, this is the Street Workout.



The Bartendaz group gave a twist to the currency promoting this type of exercise as one of the healthiest sports and the Bar Brothers make this real, with a good change of your body in less than 1 year

The Bar Brothers training, is it a good kind of muscle training?

Yes of course, it is as good as other methods. This is a very good kind of training, and you don't need to spend money in gym.

Are all explains and method real of Bar Brothers training?

FULL BODY ROUTINE

by LUIS RODRIGUES

EXPLOSIVE AND ENDURANCE ROUTINE

SHOULDERS, BACK, CHEST, BICEP, TRICEP, LEGS AND AB'S

MADBARZ

GLOBAL STREET WORKOUT WEBSITE



UPPER BODY ROUTINE

by DUSAN DJOLEVIC

DO 10 CYCLES

1 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



This is a very good king of training, and you don't need to spend money in gym.

Are all explains and method real of Bar Brothers training?

Another time Yes! You can check around the world there are a lot of people using the bar brothers method.

Can I train alone with the king of Bar Brothers?

Yes, but I always say that for muscle training the best is that a friend / partner help you. If you check, Bar Brothers are two!

The Bar Brothers routine

In the next days we will post a good routine of training of bar brothers. I will tell you about bar brothers training program.



CROSS-FIT WORKOUT

You'll do this workout minute by minute. So, on the first minute, you'll have 60 seconds in which to do 10 burpees. If you finish the 10 burpees with time to spare, rest until minute 2 starts. When the clock hits 2 minutes, begin doing 15 box jumps. (If you don't have a box, jump on a bench or up a step.)

Try to complete 15 jumps in 1 minute. If you complete all 15 reps within the time, then rest until minute 3 starts. If you can't complete all the reps, start the kettlebell swings when the clock gets to 3 minutes.

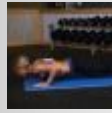
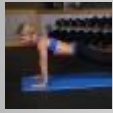
At minute 3, you'll perform 20 kettlebell swings. When minute 4 starts, you'll go back to burpees. Continue in this fashion for 20 minutes.



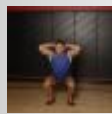
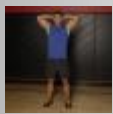
CIRCUIT: 1 ROUND FOR TIME



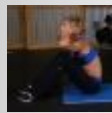
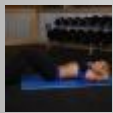
[Run](#)800-meters



[Push-Ups](#)50 reps



[Air Squats](#)100 reps



[Sit-Ups](#)150 reps



[Run](#)800-meters

If you're not accustomed to running or moving quickly for a fairly extended period of time, this workout will probably be very difficult. But, it's great if you want a special challenge. The key is to keep moving through all of the reps. If you want to make yourself extra miserable, double everything.

NEXT: Fitness and bodybuilding !



The information comes
from :BarBrothers.org

Price: 5 \$

**ONCE YOU
SEE RESULTS,
IT BECOMES
AN ADDICTION.**



www.BarBrothersDC.com