

BODYWEIGHT GURU™

"LOWER BODY GURU"

FROG JUMPS

WARM UP

- Jog 5 min
- Arm Extensions 16 "S-P"
- Blood Hounds 12 "S-P"
- Prisoner Squats 12 "S-DP"
- AL: Quick Feet - QF Lateral 4 "F" 'e'

START

- 1) Frog Jumps 3-4 / 8 "E-F"
 - >>Baker Squat 3-4 / 10 "S" 'e' (2-2-2)
 - >>Abs Wheel (Gator Chomps) 3-4 / 15
- 45-60 second rest*

CIRCUIT

- 1) MB Strongman Squat 2-3 times 15 "F"
- 2) Push Up Plank Transition 8 "S" 'e'
- 3) MB Stay Low Lateral Walk 20 steps 'e'
- 4) MB Mtn. Climbers (or Mtn. Climb Steps) 30 "F"
- 5) Reverse Lunge Twist 12 'e'
- 6) Elevated Bridge 12 "S-P" (2-2-1)
- 7) MB Explosive Throws 8 "E-F"

45-60 second rest

WARM DOWN

- Jog 5-10 min
- Overhead Squats 12 "DP"
- MB Hip Rolls 12 "S"
- Foam Roll & Stretch



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"H" = Heavy; "E" = Explode; "F" = Fast; "S" = Slow; "P" = Pause; 'e' = each; 2 / 10 = sets / reps; (4-0-4) = eccentric-isometric-concentric muscle action in seconds
"FL" = Fail; STS = Side-to-Side; SB = Stability Ball; MB = Medicine Ball; '>>' = Super Set exercise; "DP" = Deep; FTX = Suspension Training System; HR = Heavy Rope