

# BODYWEIGHT GURU™

## "UPPER BODY GURU"

### THE ORIGINAL

#### WARM UP

- Jog 5 min
- Arm Extensions 16 "S-P"
- Blood Hounds 12 "S-P"
- Jumping Jacks 2 / 60 sec "F"

#### CIRCUIT I

3-4 times

- 1) Eccentric Push Ups 10 "S-E" (4-0-1)
- 2) Eccentric Horizontal Pull Ups 10 "S-E" (4-0-1)
- 3) Shoulder Push Ups 10 "S-E" (4-0-1)
- 4) Plank 60 sec

*30 second rest*

#### CIRCUIT II

2-3 times

- 1) Pull Ups 8-15 "F"
- 2) Incline Push Ups 8-15 "F"
- 3) Gator Chomps 15 "F"
- 4) X-Climbers (or Mtn. Climbers) 24 "F"
- 5) Dive Bomber Push Ups 8-15 "F"
- 6) MB Slam to Push Up 15 "E-F"

*30 second rest*

#### WARM DOWN

- Jumping Jacks 2 / 30 sec "F"
- Side Plank 30 sec 'e'
- 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