

BODYWEIGHT GURU™

"HEART RATE CIRCUITS"

BLAST OFF

WARM UP

- Jump Rope (or Jumping Jacks) 60 sec
- Power Skip 2 / 20
- Prisoner Squats 12
- Hip Rolls 12

CIRCUIT

2-3 times

1. Plank 30 sec
2. Ice Skaters 20
3. Horizontal Pull Ups 15
4. Med Ball Slams 15
5. Stagger Push Ups 15
6. MB V-Sit Twists 30
7. Lunging 20
8. Squat Jumps 15

30-60 second rest

WARM DOWN

- Jump Rope (or Jumping Jacks) 2 / 60 sec
- 15 second rest*
- 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