

BODYWEIGHT GURU™

"LOWER BODY GURU"

EXPLOSIVE

WARM UP

- Jog or Jump Rope 5 min
- Power Skips 50 yards
- Arm Extensions 16 "S-P"
- Blood Hounds 12 "S-P"
- Prisoner Squats 12 "S-DP"

START

- 1) MB Front Squat to Press 10 "S-E" (4-0-1)
 - >>Elevated Lateral Lunge 10 'e'
 - >>Single Leg Elevated Bridge 15 "S-P" 'e'

45 second rest

CIRCUIT

2-3 times

- 1) Prisoner Split Squats 12 "S" 'e' (3-0-3)
 - 2) Squat Jumps 8 "E-F"
 - 3) STS Gator Chomps 24-30
 - 4) Single Leg Squat (to Bench) 8 'e'
 - 5) Ice Skaters 20 "E-F"
 - 6) MB Mtn. Climbers 40 "F"
 - 7) MB Slams to STS Slams 15 - 15 "E-F"
- 30 second rest*

WARM DOWN

- Elevated Sprint Intervals 10
[5 sec sprint x 20 sec jog or 25 yard sprint x jog back]
- Prisoner Squats 12 "DP"
- Hip Rolls 12 "S"
- Plank 45-60 sec
- 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