

BODYWEIGHT GURU™

"LOWER BODY GURU"

THE LOWER SPLIT

WARM UP

- Jog 5 min
- Blood Hounds 12 "S-P"
- Prisoner Squats 12 "S-DP"
- Power Skips 50 yards
- Speed Shuffle 50 yards

START

- 1) **Elevated Reverse Lunging** 3 / 15 "S" 'e'
- >>Squat Jumps** (or Jump Rope) 3 / 15 "F" (3 / 30 sec)
- >>X Climbers** (or Mtn. Climbers) 3 / 16 "F" (or 30 "F")
- 1 minute rest*

CIRCUIT

2-3 times

- 1) **Lunge Transitions** (or Lunge Jumps) 16 "E-F" (8 "E-F")
- 2) **Step Up Reverse Lunge** 12 'e'
- 3) **Burpee Jumps** 8 "E-F"
- 4) **Baker Squats** 15 "DP" 'e'
- 5) **Single Leg Elevated Bridge** 15 "S-P" 'e'
- 6) **Plank Complex** (straight-side-side) 30 sec 'e'
- 30-60 second rest*

WARM DOWN

- Jog 5-10 min
- Prisoner Squats 12 "DP"
- Dirty Dogs 12 "S" 'e'
- 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