

BODYWEIGHT GURU™

"UPPER BODY GURU"

DOMINANCE

WARM UP

- Jog 5-10 min
- Russian Twists 2 / 8 'e'

CIRCUIT I

3-4 times

- 1) **Shoulder Push Ups** 8 "S" (2-0-2)
- 2) **Horizontal Pull Ups** 8 "S" (2-0-2)
- 3) **Push Up Complex** (regular or wide to close) 4 "S" 'e' (2-0-2)
- 4) **Burpee Jumps** 10 "E-F"

30-45 second rest

CIRCUIT II

2-3 times

- 1) **Jumping Jacks** 50 "F"
- 2) **MB Slams** 15 "E-F"
- 3) **STS Push Ups** (or Decline STS Push Ups) 30 "F"
- 4) **Pull Ups** 8
- 5) **Muscle Up Hold** 30 sec "P"
- 6) **Seal Sit Ups** (or Abs Wheel) 15

30-60 second rest

WARM DOWN

- Jump Rope (or Jumping Jacks) 2 min
- Oblique Twists 12 "S" '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