

BODYWEIGHT GURU™

"UPPER BODY GURU"

FIFTEEN WAYS II

WARM UP

- Jog 5 min
- Arm Extensions 16 "S-P"
- Blood Hounds 12 "S-P"
- Jump Rope (or Jumping Jacks) 2 / 30 sec "F"

CIRCUIT

3-4 times

- 1) MB Front Throws 15 "E-F"
- 2) Radar Push Ups 30 "S"
- 3) Leaning Horizontal Pull Up 15 'e'
- 4) Split Squat to MB Overhead Press 15 'e'
- 5) Pull Ups 8-15
- 6) Dips (or bench dips) 8-15 (or 15)
- 7) MB Slams 15
- 8) Stagger Push Ups 15 "E-F"

30-60 second rest

CORE

- 1) Seal Sit Up 2-3 / 12
 - >>Superman 2-3 / 12
 - >>Plank Complex (straight – side – side) 2-3 / 30 sec 'e'

30 second rest

WARM DOWN

- Jump Rope & Run 5 & 5 min
- Stiff Leg Hip 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