

BODYWEIGHT GURU™

"HEART RATE CIRCUITS"

COREOLOGY I

WARM UP

- Jog 5 min
- Low & Power Skip (or Skip in place) 4 / 20 yards 'e' (2 / 30 sec)
- Sprint : Walk 8 / 20 : 20 yards

CIRCUIT

2-3 times

- 1) Prisoner Squat Complex 10 'e'
- 2) Windmill 10 'e'
- 3) Mtn. Climbers 30 "F"
- 4) MB Seal Sit Ups 15
- 5) Hanging Leg Raises (or Leg Raises) 12-15 (or 20)
- 6) Plank Opposites 20
- 7) Stiff Opposites 12 'e'
- 8) STS Horizontal Pull Ups 15-20
- 9) Push Up Plank Transition 10 'e'
- 10) MB Hip Rolls 16 "S"
45 second rest

WARM DOWN

- Run (Treadmill, Spin Bike or outside) 5-10 min
- 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