

BODYWEIGHT GURU™

"HEART RATE CIRCUITS"

COREOLOGY II

WARM UP

- Jog 5 min
- Low & Power Skip (or Skip in place) 4 / 20 yards 'e' (2 / 30 sec)
- Elevated Sprints (i.e. Hills) 10 / 10-30 yards "F"

CIRCUIT I

2-3 times

- 1) Turkish Get Ups 5 'e'
- 2) Elevated Reverse Lunges 15 'e'
- 3) Stiff Opposites 12 'e'
- 4) Ice Skaters 20 "F"
- 5) Superman 15 "S-P"

45-60 second rest

CIRCUIT II

2-3 times

- 1) Inch Worm 12
- 2) Radar Push Ups (or elevated) 16-24
- 3) Pull Up Complex (regular pull up to chin up) 5-8 to 5-8 "FL"
- 4) MB Side Oblique Throws (or V-Sit Twists) 12 "F" 'e' (40 "F")
- 5) Thai Knees 20 'e'

45-60 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