

BODYWEIGHT GURU™

"HEART RATE CIRCUITS"

BLAST OFF III

WARM UP

- Jump Rope (or Jumping Jacks) 60 sec
- Power Skip 2 / 20
- Hip Rolls 12

CIRCUIT

2-3 times

- 1) Prisoner Squats 10 "E" (4-0-1)
- 2) MB Explosive Throw 15 "E-F"
- 3) Skull Push Ups 8-15 "FL"
- 4) Side Plank Hip Raises 15 'e'
- 5) Sprinter Lunges 15 "F" 'e'
- 6) Turkish Get Up 5 'e'
- 7) Burpee to Pull Up (or Burpee to MB Slam) 10 "F" (12 "F")
- 8) X-Climbers (or Mtn. Climbers) 20-30 "F"

30-60 second rest

WARM DOWN

- Jump Rope (or Jumping Jacks) 2 / 60 sec
- 15 second rest
- Foam Roll & Stretch



ALL RIGHTS RESERVED FUNCTIONAL MUSCLE FITNESS © 2013

"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