

# BODYWEIGHT GURU™

## "HEART RATE CIRCUITS"

### THE PYRAMID CLIMBER

#### WARM UP

- Jog 5 min
- Prisoner Squats Complex 8 "S-DP" 'e'

#### CIRCUIT

2-3 times

1. **MB Push Ups** (or Regular, Elevated) 15 "F"
2. **Horizontal Pull Ups** 15 "F"
3. **Elevated Reverse Lunge** 15 "F" 'e'
4. **Dips** (or Bench Dips) 15 "F"
  - **Jump Rope** (or Jumping Jacks) 60 sec
5. **Dips** (or Bench Dips) 15 "F"
6. **Elevated Reverse Lunge** 15 "F" 'e'
7. **Horizontal Pull Ups** 15 "F"
8. **MB Push Ups** (or Regular, Elevated) 15 "F"  
*45-90 second rest*

#### WARM DOWN

- Jog 5-10 min
- Plank Complex (Regular-Side-Side) 30 sec '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