

# BODYWEIGHT GURU™

## "HEART RATE CIRCUITS"

### BLAST OFF II

#### WARM UP

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

#### CIRCUIT

2-3 times

1. Side Plank 30 sec
2. Step Ups 30 "F"
3. Pull Ups 15
4. Split Squat 15 'e'
5. Push Ups 25 "F"
6. Stiff Opposites 15 'e'
7. Burpee Jumps 15
8. Overextended Plank 30 sec

30 second rest

#### WARM DOWN

- Jump Rope (or Jumping Jacks) 2 / 60 sec
- 15 second rest
- 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