

BODYWEIGHT GURU™

"HEART RATE CIRCUITS"

THE CORE SOLOIST

WARM UP

- Jog 5-10 min
- Power Skipping 2 / 20

CIRCUIT I

2-3 times

1. Plank Complex 20 sec 'e'
2. Leg Flutters 50 "F"
3. MB Seal Sit Up 15
4. Burpee Jumps 8 "F"

45 second rest

CIRCUIT II

2-3 times

1. Jump Rope 30 sec
2. Prisoner Split Squats 12 'e' (2-0-2)
3. Push Up Arm Extensions 12
4. Burpee to Pull Up 10

45 second rest

WARM DOWN

- HIIT Intervals (Treadmill, Spin Bike or outside) 5-10 min (30sec run : 15sec jog)

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