

BODYWEIGHT GURU™

"LOWER BODY GURU"

THE AGILITY LADDER

WARM UP

- Jump Rope or Jog 5-10 min
- Prisoner Split Squats 12 "DP" 'e'
- Lunge Walk w/ MB Twists 2 / 30 steps

CIRCUIT I

- 1) **AL:** Hop Scotch 3 "E-F"
 - 2) **MB** Frog Jump 8 "E-F"
 - 3) **Elevated Reverse Lunge** 15 'e'
 - 4) **AL:** Lat 1in1out 2 "F" 'e'
 - 5) **Lateral Lunge** (BB, CT) 8 'e'
- 45 second rest*

3-4 times

CIRCUIT II

- 1) **Prisoner Squats** 15 "DP"
 - 2) **AL:** 1in1out 3 "F"
 - 3) **Stationary Step Ups** 15 'e'
 - 4) **FTX:** Lat Dbl In-Out 4 "F"
 - 5) **Bridge March** 30
- 45 second rest*

2-3 times

WARM DOWN

- Jump Rope 4-8 / 30 sec
- Overhead Squats 12 "DP"
- Hip Rolls 12 "S"
- Plank 45-60 sec
- 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