

# BODYWEIGHT GURU™

## "LOWER BODY GURU"

### LOWER COMBINATIONS

#### WARM UP

- Run 5-10 minutes
- Prisoner Squats 12 "DP"
- Lunge Walk w/ MB Twists 30 steps
- Blood Hounds 16

#### START

- 1) MB Burpee Explosive Throw 2-3 / 5 "E-F"
  - >>Single Leg Squat to Bench 2-3 / 12 'e'
  - >>Single Leg RDL 2-3 / 12 "S" 'e'
  - 45 second rest*
- 2) Strongman Squats 3-4 / 15 "S-DP" (4-0-1)
  - >>Box Jumps (or Stationary Squat Jumps) 3-4 / 8 "E"
  - 1 minute rest*
- 3) Prisoner Split Squats 2-3 / 15 "F" 'e'
  - >>Bridge March 2-3 / 24
  - >>MB Explosive Throws 2-3 / 15 "E-F"
  - 30 second rest*
- 4) Lunge Transitions 4 / 20 "F"
  - >>Leg Flutters 4 / 30 "F"
  - >>Plank 4 / 30 sec
  - 30-45 second rest*

#### WARM DOWN

- HIIT Intervals [Run : Jog] 5-10 min [15 : 30 sec]
- Prisoner Squats 12 "DP"
- Hip Rolls 12
- Plank 30-60 sec
- 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