

BODYWEIGHT GURU™

"LOWER BODY GURU"

LOWER SECTIONS I

WARM UP

- Spin or Jog 5-10 min
- Arm Extensions 16 "S-P"
- Blood Hounds 12 "S-P"
- AL: 2in2out - Lat 1in1out 4 "F" 'e'

CIRCUIT I

3-4 times

- 1) MB Front Throws 8 "F"
- 2) Prisoner Split Squats (Dmbl or Bar) 15 'e'
- 3) Burpee Pull Up (or Burpee Jump) 8
- 4) Bridge March 24 "F"
- 5) Power Jump Step Ups 20 "E-F"

45-60 second rest

CIRCUIT II

2-3 times

- 1) Walking Lunges 30 steps
- 2) MB Slams 15 "E-F"
- 3) MB Front Squat to Press 20 "E-F"
- 4) MB Dbl Leg Mtn. Climbers 15 "F"
- 5) Stay Low Lunge Walking 40

30 second rest

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