

BODYWEIGHT GURU™

"LOWER BODY GURU"

PRISONER

WARM UP

- Jog 5 min
- Arm Extensions 16 "S-P"
- Blood Hounds 12 "S-P"
- Power Skip 50 yards

START

- 1) Lunge Transitions 3-4 / 16 "F"
 - >>Prisoner Squats 3-4 / 12 "S" (3-0-1)
 - >>MB Mtn. Climbers 3-4 / 30 "F"
- 1-2 minute rest*

CIRCUIT

- 2-3 times
- 1) Prisoner Split Squats 15 "F" 'e'
 - 2) Ice Skaters 12 'e'
 - 3) Abs Wheel (or Gator Chomps) 15
 - 4) Dirty Dog 15
 - 5) Bridge March 24
 - 6) Woodchoppers 12 'e'
 - 7) Power Jump Step Up 24 "E-F"
- 30-60 second rest*

WARM DOWN

- Jog 5-10 min
- Prisoner Squats 12 "DP"
- MB Hip Rolls 12 "S"
- 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