

# BODYWEIGHT GURU™

## "LOWER BODY GURU"

### PRISONER II

#### WARM UP

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

#### START

- 1) Prisoner Squat Complex 3-4 / 12 "DP" 'e'
    - >>Windmill 3-4 / 8 "S-P"
    - >>Abs Wheel (or Gator Chomps) 3-4 / 15
- 45-60 second rest*

#### CIRCUIT

- 1) Frog Jumps 2-3 times 15 "F"
  - 2) V-Sit Twists 30 "F"
  - 3) Stationary Step Up 15 'e' (3-0-1)
  - 4) Stay Low Lateral Walk 20 steps 'e'
  - 5) MB Side Throw 12 "E-F" 'e'
  - 6) Plank Leg Raises 20 "S-P"
  - 7) Power Jump Step Ups 20 "E-F"
- 30 second rest*

#### WARM DOWN

- Elevated Sprint Intervals 10  
[5 sec sprint x 20 sec jog or 25 yard sprint x jog back]
- 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