

BODYWEIGHT GURU™

"UPPER BODY GURU"

DOMINANCE II

WARM UP

- Jog 5 min
- Arm Extensions 16 "S-P"
- Blood Hounds 12 "S-P"

CIRCUIT I

- 1) Leaning Shoulder Push Ups 4 "H-E" 'e' (2-0-2)
- 2) Chin Ups 5-8 "S" (2-0-2)
- 3) STS Push Ups 12-16 "S" (2-0-2)
- 4) MB STS Slams 16 "E-F"

1 minute rest

CIRCUIT II

- 1) Push Up Plank Transition 2-3 times 10 'e'
- 2) Horizontal Pull Ups 20 "F"
- 3) Around-the-Worlds 15 'e'
- 4) One Arm MB Slam 12 "E-F" 'e'
- 5) Radar Push Ups (or Decline Radar) 30
- 6) Inch Worm 20 "F"
- 7) V-Sit Twists 50 "F"

30-60 second rest

WARM DOWN

- Elevated Run 5-10 minutes
- Oblique Twists 12 "S" 'e'
- 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