

# BODYWEIGHT GURU™

## "UPPER BODY GURU"

### FIFTEEN WAYS

#### WARM UP

- Jog 5 min
- Arm Extensions 16 "S-P"
- Blood Hounds 12 "S-P"
- Jumping Jacks 2 / 30 sec "F"

#### CIRCUIT I

3-4 times

- 1) MB Explosive Throw 15 "E-F"
- 2) Stiff Arm Side Plank 20 sec 'e'
- 3) Wide Pull Ups 8-15
- 4) MB Slams 15 "E-F"
- 5) Incline Push Ups 15
- 6) Dips (or Bench Dips) 15
- 7) Horizontal Chin Ups 15 "F"
- 8) Mtn. Climb Push Ups (or Steps) 15

*30 second rest*

#### CORE

- 1) Gator Chomps 2-3 / 12
- >>V-Sit Twists 2-3 / 24
- >>Plank Complex 2-3 / 20 sec 'e'

*45 second rest*

#### WARM DOWN

- Run 5-10 min
- 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