

BODYWEIGHT GURU™

"UPPER BODY GURU"

LEANING

WARM UP

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

CIRCUIT I

3-4 times

- 1) **Leaning Push Ups** (or Decline Leaning) 12 'e'
 - 2) **Leaning Horizontal Pull Ups** 12 'e'
 - 3) **MB Rotational Explosive Throw** 8 "E" 'e'
 - 4) **Bear Crawl** (or MB Mtn. Climbers) 30 yards (40)
- 1 minute rest*

CIRCUIT II

2-3 times

- 1) **Pull Ups** (weighted) 5-8 "S-P" (2-2-2)
 - 2) **Abs Wheel** (or Gator Chomps) 12
 - 3) **Mtn. Climb Push Ups** 12
 - 4) **Seal Sit Up Press** 12
 - 5) **MB Slams – STS Slams** 15 – 16 "E-F"
 - 6) **Plank Opposites** (or blood hounds, plank alt leg) 16-20 (or 24)
- 30-60 second rest*

WARM DOWN

- Hill Running 5-10 min
- 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