

BODYWEIGHT GURU™

"UPPER BODY GURU"

LEANING II

WARM UP

- Jog 5-10 min
- MB Side Oblique Throws 2 / 12 "E-F" 'e'
- Side Plank 2 / 15 sec 'e'

CIRCUIT I

- 1) Burpee Explosive Throw Up 8 "E-F"
 - 2) Leaning Horizontal Pull Up 8 "S-E" 'e' (4-0-1)
 - 3) Leaning Push Ups 8 "S-E" 'e' (4-0-1)
 - 4) MB Slams to MB Push Ups 8 to 8 "E-F"
- 45 second rest*

3-4 times

CIRCUIT II

- 1) MB Woodchopper 12 'e'
 - 2) Incline Push Ups 15 "F"
 - 3) Chin Ups 8-15 "F"
 - 4) Reverse Bear Crawl 30 yards
 - 5) Hanging Knee Raise 15
 - 6) Push Up Plank Transition 12 'e'
 - 7) Jump Rope (or Jumping Jacks) 30 sec
- 30 second rest*

2-3 times

WARM DOWN

- Spin [Sprint : Recover] 2-4 / 3 min : 1 min
- Turkish Get Ups 4 "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