

BODYWEIGHT GURU™

"UPPER BODY GURU"

REPS GONE WILD

WARM UP

- Jog or Spin 5-10 min
- Arm Extensions 16 "S-P"
- Blood Hounds 12 "S-P"
- Plank Complex (straight – side – side) 30 sec 'e'

CIRCUIT

3-4 times

- 1) STS Push Ups 20 "F"
- 2) MB Slams 20 "E-F"
- 3) Side Plank Reach Behind 12 'e'
- 4) Horizontal Pull Ups 20 "F"
- 5) MB Walkabout 15-20 "F"
- 6) Neutral Pull Ups 5 "S-E" (2-0-1)
- 7) Superman Plank 20-30 sec
- 8) MB Side Slam 12 "E-F" 'e'

30 second rest

WARM DOWN

- Jump Rope 2 minutes
- Jog & Run 5-10 min
- Side Plank 30 sec '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