

BODYWEIGHT GURU™

"HEART RATE CIRCUITS"

2 TIERS

WARM UP

- Jog 5 min
- Prisoner Squats Complex 12

CIRCUIT I

2-3 times

1. Jumping Jacks 30 sec
2. Med Ball Mtn. Climbers 30
3. Supine Grip Horizontal Pull Ups 15
4. Power Jump Step Up 30

30-60 second rest

CIRCUIT II

2-3 times

1. Sprinter Lunges 15 'e'
2. Close-Grip Push Ups 20
3. Med Ball Squat Jumps 15
4. Push Up Plank Transition 10 'e'

30-60 second rest

WARM DOWN

- HIIT Intervals (Treadmill, Spin Bike or outside) 5-10 min (30sec run : 15sec jog)
15 second rest
- 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