

BODYWEIGHT GURU™

"HEART RATE CIRCUITS"

FAILURE BREEDS SUCCESS

WARM UP

- Jog 5-10 min
- Sprint : Walk 8 / 20 : 20 yards

CIRCUIT

2-3 times

1. Overextended Plank Fail (min 45 sec)
2. Mtn. Climbers Fail (min 50 reps)
3. STS Horizontal Pull Ups Fail (min 20 reps)
4. Stagger Push Ups Fail (min 15 reps)
5. Sprinter Lunges Fail (min 15 reps 'e')
6. MB Push Ups (or Close-Grip Push Up) Fail (min 15 reps)
7. Gator Chomps Fail (min 15 reps)
8. Ice Skaters Fail (min 20 reps)
9. Pull Ups Fail (min 5 reps)
10. Burpee Jump Fail (min 10 reps)

1-2 minute rest

WARM DOWN

- Run (Treadmill, Spin Bike or outside) 5-10 min
- 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