

# BODYWEIGHT GURU WORKOUT GUIDE

## SAMPLE II

<p><b>SUNDAY - 00</b></p> <p><b>Rest</b> Or Makeup Day</p>	<p><b>MONDAY - 00</b></p> <p><b>WORKOUT #1 – LB</b></p>	<p><b>TUESDAY - 00</b></p> <p><b>WORKOUT #2 – UB</b></p>	<p><b>WEDNESDAY - 00</b></p> <p><b>REST OR YOGA</b></p>	<p><b>THURSDAY - 00</b></p> <p><b>WORKOUT #3 – TB</b></p>	<p><b>FRIDAY - 00</b></p> <p><b>ACTIVITY / CARDIO</b></p>	<p><b>SATURDAY - 00</b></p> <p><b>WORKOUT #4 – TB</b> The Core Soloist OR Outside Activity</p>
<p><b>SUNDAY - 00</b></p> <p><b>REST</b> Or Makeup Day</p>	<p><b>MONDAY - 00</b></p> <p><b>WORKOUT #1 – LB</b> Lower Split</p>	<p><b>TUESDAY - 00</b></p> <p><b>WORKOUT #2 – UB</b> Dominance</p>	<p><b>WEDNESDAY - 00</b></p> <p><b>REST OR YOGA</b></p>	<p><b>THURSDAY - 00</b></p> <p><b>WORKOUT #3 – TB</b> Failure Breeds Success</p>	<p><b>FRIDAY - 00</b></p> <p><b>ACTIVITY / CARDIO</b> HIIT Running – 20 minutes [EX: 1 min run, 1 min jog, etc...]</p>	<p><b>SATURDAY - 00</b></p> <p><b>WORKOUT #4 – TB</b> Jump Rope OR Outside Activity</p>
<p><b>SUNDAY - 00</b></p> <p><b>REST</b> Or Makeup Day</p>	<p><b>MONDAY - 00</b></p> <p><b>WORKOUT #1 – LB</b> Explosive</p>	<p><b>TUESDAY - 00</b></p> <p><b>WORKOUT #2 – UB</b> Fifteen Ways II</p>	<p><b>WEDNESDAY - 00</b></p> <p><b>REST OR YOGA</b></p>	<p><b>THURSDAY - 00</b></p> <p><b>WORKOUT #3 – TB</b> Coreology I</p>	<p><b>FRIDAY - 00</b></p> <p><b>ACTIVITY / CARDIO</b> Run 1-3 miles</p>	<p><b>SATURDAY - 00</b></p> <p><b>WORKOUT #4 – TB</b> Coreology II OR Outside Activity</p>
<p><b>SUNDAY - 00</b></p> <p><b>REST</b> Or Makeup Day</p>	<p><b>MONDAY - 00</b></p> <p><b>WORKOUT #1 – LB</b> Lower Split</p>	<p><b>TUESDAY - 00</b></p> <p><b>WORKOUT #2 – UB</b> Dominance</p>	<p><b>WEDNESDAY - 00</b></p> <p><b>REST OR YOGA</b></p>	<p><b>THURSDAY - 00</b></p> <p><b>WORKOUT #3 – TB</b> Failure Breeds Success</p>	<p><b>FRIDAY - 00</b></p> <p><b>ACTIVITY / CARDIO</b> HIIT Running – 20 minutes [EX: 1 min run, 1 min jog, etc...]</p>	<p><b>SATURDAY - 00</b></p> <p><b>WORKOUT #4 – TB</b> Jump Rope OR Outside Activity</p>
<p><b>SUNDAY - 00</b></p> <p><b>REST</b> Or Makeup Day</p>	<p><b>MONDAY - 00</b></p> <p><b>WORKOUT #1 – LB</b> Explosive</p>	<p><b>TUESDAY - 00</b></p> <p><b>WORKOUT #2 – UB</b> Fifteen Ways II</p>	<p><b>WEDNESDAY - 00</b></p> <p><b>REST OR YOGA</b></p>	<p><b>THURSDAY - 00</b></p> <p><b>WORKOUT #3 – TB</b> Coreology I</p>	<p><b>FRIDAY - 00</b></p> <p><b>ACTIVITY / CARDIO</b> Running &amp; Sprinting [@ least 20 sprints of 20 yards w/ 10 minutes of running]</p>	<p><b>SATURDAY - 00</b></p> <p><b>WORKOUT #4 – TB</b> Coreology II OR Outside Activity</p>

