

BODYWEIGHT GURU WORKOUT GUIDE

SAMPLE III

<p>SUNDAY - 00</p> <p>Rest Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB HOLIDAY RECOVERY</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB HOLIDAY RECOVERY</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA HOLIDAY RECOVERY</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB HOLIDAY RECOVERY</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO HOLIDAY RECOVERY</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB HOLIDAY RECOVERY</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Lower Sections I</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB Leaning I</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB 2 Tiers</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO HIIT Running – 30 min [EX: 1 min run, 1 min jog, etc...]</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB Blast Off III OR Outside Activity</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Prisoner II</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB Leaning II</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB Blast Off I</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO Hill Run 20-30 min</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB The Pyramid Climber OR Outside Activity</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Lower Sections I</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB Leaning I</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB 2 Tiers</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO HIIT Running – 30 min [EX: 1 min run, 1 min jog, etc...]</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB Blast Off III OR Outside Activity</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Prisoner II</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB Leaning II</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB Blast Off I</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO Running & Sprinting [@ least 20 sprints of 20 yards w/ 10-15 min of running]</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB The Pyramid Climber OR Outside Activity</p>

