

BODYWEIGHT GURU WORKOUT GUIDE

SAMPLE IV

<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 20-30 yards w/ 30-45 sec rest time]</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 Combinations</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB Dominance II</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB Blast Off II</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO HIIT Cardio 4 sets / 4 min intervals Sprint : Jog : Walk @ 50 : 50 : 50 yards</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB Failure Breeds Success OR Outside Activity</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Lower Combinations</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB Dominance II</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB Blast Off II</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO Hill Sprints 15-20 sets / 20-30 yards @ 45-90 second rest</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB Failure Breeds Success OR Outside Activity</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Agility Ladder</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB Reps Gone Wild</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB The Core Soloist</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO HIIT Cardio 4 sets / 4 min intervals Sprint : Jog : Walk @ 50 : 50 : 50 yards</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB Jump Rope OR Outside Activity</p>
<p>SUNDAY - 00</p> <p>REST Or Makeup Day</p>	<p>MONDAY - 00</p> <p>WORKOUT #1 – LB Agility Ladder</p>	<p>TUESDAY - 00</p> <p>WORKOUT #2 – UB Reps Gone Wild</p>	<p>WEDNESDAY - 00</p> <p>REST OR YOGA</p>	<p>THURSDAY - 00</p> <p>WORKOUT #3 – TB The Core Soloist</p>	<p>FRIDAY - 00</p> <p>ACTIVITY / CARDIO Hill Sprints 15-20 sets / 20-30 yards @ 45-90 second rest</p>	<p>SATURDAY - 00</p> <p>WORKOUT #4 – TB Jump Rope OR Outside Activity</p>

