

Michael Vazquez Presents:

Body & Burn

Learn to master the basics of body weight movements that'll prepare you for my 4 week bodyweight program and how to program your own Bodyweight workouts in the future!

- ✓ **Master Explosive Bodyweight Movements**
- ✓ **Learn How to Program Your Own Bodyweight Workouts**
- ✓ **Workout Anywhere, Anytime**
- ✓ **Burn Fat & Lose Weight with Just your Bodyweight**
- ✓ **Minimal Equipment Needed**
- ✓ **Exclusive access to My 4-week Video Bodyweight Program**

Warm Ups

Body bridge

Hip escape

Bear crawl

Beast Pose to Push Up

Walk to Plank to Arm Extension

Bodyweight/Calisthenics - Lower body - 5 videos

MV burpee

- Squat
- Jumping Squat
- Burpee

Leg Shot

- Lunge
- Knee slice
- Lunge to knee slice

180 Degree Jumping Lunge

Pistol Squat

Box Jump



Bodyweight/Calisthenics Upper body - 5 Videos

Triple Clap Progression Push-up

- Tiger Bend Push-up
- Superman push-up
- Triple clap push-up

Handstand

- Progression 1. Placement of hands
- Progression 2 invert on wall
- Progression 3 free stand

Pull-Up

- Resistance bands
- Inverted pull-up
- Chin up

Typewriter Pull-Ups

- Wide pull-up with resistance bands
- Archer pull-up with resistance band
- Around the world pull-ups

Bodyweight/Calisthenics Core - 5 Videos

L-sit

- Knees to chest
- Toes to bar
- L sit hold

V sit twist

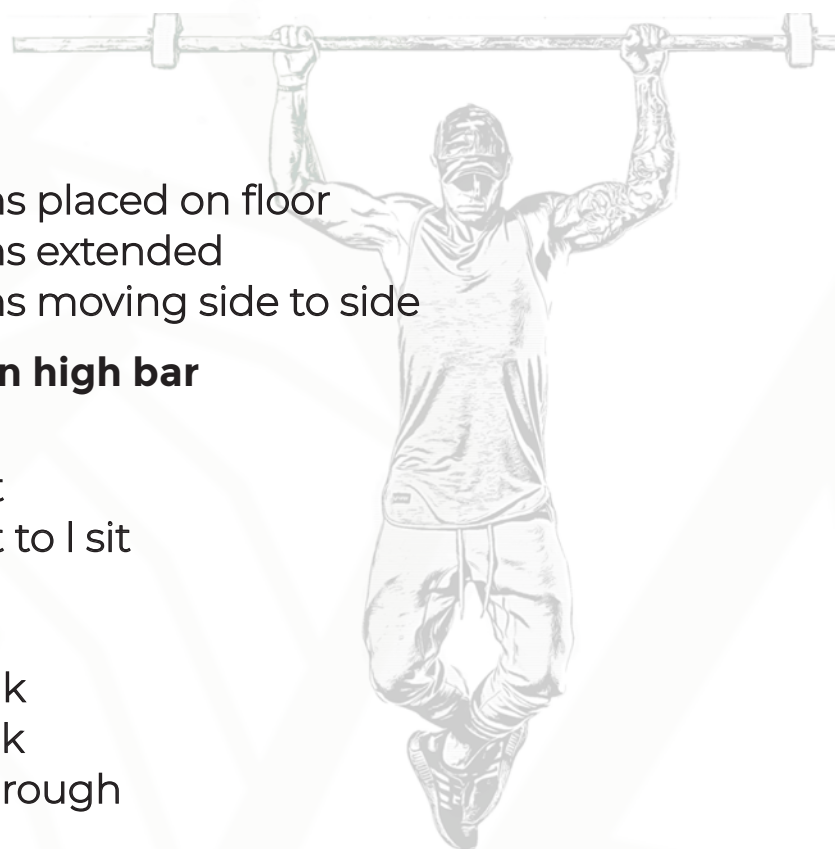
- V sit with arms placed on floor
- V sit with arms extended
- V sit with arms moving side to side

Bicycle kicks on high bar

- Dead hang
- Knee to chest
- Knee to chest to l sit

Plank Walks

- Push-up plank
- Forearm plank
- Plank walk through



My Favorite Animal Flow Movements

Scorpion

- Scorpion to side kick
- Scorpion to side kick to bridge

Beast pose to front kick

- Beast Pose
- Front Kick
- Beast Pose to Front Kick

Wave Unload

Beast Walk

Full Body Bodyweight Flows

Beast pose

Broad jump push-up bear crawl back

Triple clap push-up tuck jump superman push-up

Tiger bend to shoulder taps

Leg shot to 180 degree push-up

Triple clap push-up to sit-up

