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