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FUNCTIONAL FITNESS

WORKOUT PLAN

YOUR JOURNEY TO FITNESS STARTS HERE!

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FUNCTIONAL FITNESS WORKOUT PLAN



Perform each workout 3x/week



UPPER BODY STRENGTH TRAINING



WARM UP



LAT PULL-DOWNS



OVERHEAD PRESS



BENT-OVER ROWS



COOL DOWN

Walk/jog/bike

10-12 Reps

10-12 Reps

10-12 Reps

Walk/full-body stretch

10 Min.

3-4 Sets

3-4 Sets

3-4 Sets

5 Min.

CARDIOVASCULAR TRAINING



WARM UP



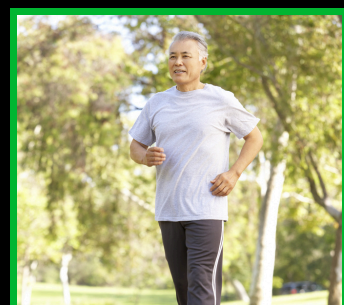
FARMER'S CARRY



STAIR CLIMB



WALK/JOG/
BIKE/ROW



COOL DOWN

Walk/jog/
bike/row

60 seconds
walk/rest

5 Min.

5 Min.

Walk/full-body
stretch

10 Min.

4 Sets

4 Sets

4 Sets

5 Min.

LOWER BODY & CORE STRENGTH TRAINING



WARM UP



BARBELL DEADLIFT



SUPINE LEG LIFT



BEAR CRAWL



COOL DOWN

Walk/jog/bike

10-12 Reps

10-12 Reps

50 Feet

Walk/full-body
stretch

10 Min.

3-4 Sets

3-4 Sets

3-4 Sets

5 Min.



UPPER BODY STRENGTH TRAINING

Duration **30 min.**

Warm-up **Walk/jog/bike**
10 min.

Exercise #1 **Lat pull-downs**
10-12 reps/3-4 sets

Exercise #2 **Overhead press**
10-12 reps/3-4 sets

Exercise #3 **Bent-over rows**
10-12 reps/3-4 sets

Cool-down **Walk/full-body stretch**
5-min.

***PURPOSE:** Increase physical capacity to push, pull, lift, carry and manipulate loads safely*



CARDIOVASCULAR TRAINING

Duration **30 min.**

Warm-up **Walk/jog/bike/row**
10 min.

Exercise #1 **Farmer's Carry**
60 seconds walk/rest
Repeat 5 min./4 sets

Exercise #2 **Stair climb**
5 min./4 sets

Exercise #3 **Walk/jog/bike/row**
5 min./4 sets

Cool-down **Walk/full-body stretch**
5-min.

***PURPOSE:** Improve physical capacity to walk on uneven surfaces, jog, run and climb stairs and also optimize cardiovascular health*



LOWER BODY & CORE STRENGTH TRAINING

Duration **30 min.**

Warm-up **Walk/jog/bike**
10 min.

Exercise #1 **Barbell Deadlift**
10-12 reps/3-4 sets

Exercise #2 **Supine Leg Lift**
10-12 reps/3-4 sets

Exercise #3 **Bear Crawl**
50 feet/3-4 sets

Cool-down **Walk/full-body stretch**
5-min.

***PURPOSE:** Increase physical capacity to run, climb, jump, crawl, hinge, lunge and lift safely*