



ADVANCED FUNCTIONAL FULL BODY

Approx 50 mins

Warm-Up (8 mins) **Why:** Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Treadmill/Bike:** 3 min (light pace)
- **Arm Circles:** 30 sec forward/backward
- **Bodyweight Squats:** 10 reps
- **TRX Row (Bodyweight):** 8 reps
- **Kettlebell Deadlift (Empty Hands):** 8 reps

Programme Tips

- Focus on slow, controlled movements and proper form.
- Choose weights that are challenging but allow you to finish all reps with good technique.
- Increase weights gradually as you get stronger.
- Rest at least one day between sessions

Main Workout (35 mins) Rest 60–90 seconds between sets.

Barbell/Hex bar Deadlift – 4 x 4–6reps

- **How:** Hinge hips, grip shoulder-width, drive through heels, stand tall.
- **Why:** Maximises posterior chain strength and power for real-world lifting.

TRX Atomic Push-Up – 3 x 8–10reps

- **How:** Feet in straps, lower into push-up, tuck knees to chest.
- **Why:** Combines chest strength, core stability, and dynamic coordination.

Kettlebell Clean & Press – 3 x 6reps per side

- **How:** Swing KB to rack, press overhead.
- **Why:** Develops explosive hip drive and shoulder stability.

Turkish Get-Up – 3 x 6reps per side

- **How:** Lie down, press KB overhead, stand up in the 8 stages (Press, elbow, hand, bridge hips, sweep knee, turn, kneeling lunge, stand—reverse steps to finish).
- **Why:** Full-body coordination, shoulder stability, and core control.

Slam Ball Overhead Throw – 3 x 12reps

- **How:** Lift ball overhead, slam forcefully, catch rebound.
- **Why:** Builds power, coordination, and full-body engagement.

Battle Rope Power Slams – 3 x 20 sec

- **How:** Slam ropes with maximal force.
- **Why:** Boosts grip endurance, shoulder power, and metabolic conditioning.

Cable Pallof Press – 3 x 12reps per side

- **How:** Stand sideways to cable, press handle straight out, hold, return.
- **Why:** Trains anti-rotation core strength for stability in daily movement.

Cool-Down (7 mins) **Why:** Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Hamstring Stretch (30 sec per leg)

- **How:** Stand, extend one leg, hinge at hips, reach toward toes.

Chest Stretch (Doorway or Wall) (1 min)

- **How:** Place forearm on wall/doorway, gently lean forward.

Shoulder Stretch (30 sec per arm)

- **How:** Pull one arm across chest, hold with opposite arm.

Quad Stretch (30 sec per leg)

- **How:** Stand, pull foot to glutes, keep knees together.

Upper Back Stretch (Hug Yourself) (1 min)

- **How:** Hug yourself, gently pull shoulders forward.

Gentle walking or cycling: 2–3 minutes