



BEGINNER 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.

Kettlebell Goblet Squat – 3x10–12reps

- How: Hold weight at chest, squat deep, drive through heels.
- Why: Builds leg/core strength; teaches squat mechanics.

TRX Chest Press – 3x10–12reps

- How: Lean forward, lower chest toward handles, press back.
- Why: Enhances chest, shoulders, and core stability.

Kettlebell Romanian Deadlift – 3x10reps

- How: Hinge hips, KB in hands, lower to shins, squeeze glutes.
- Why: Strengthens hamstrings/glutes; improves hip hinge.

Bosu Balance – 3x20 sec

- How: Stand and balance on the dome (bubble up for easier or flat up for harder) for instability.
- Why: Improves balance, core strength, stability, and functional movement patterns.

Cable Woodchopper – 3x12reps per side

- How: Set cable high, pull diagonally across body.
- Why: Trains rotational core strength for daily tasks.

Slam Ball Overhead Throw – 3x8reps

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

Battle Rope Waves – 3x20 sec

- How: Alternate arm waves, keep ropes moving.
- Why: Boosts cardio, grip, and shoulder endurance.

Standing Calf Raise

- How: Stand tall, rise onto toes, hold, lower slowly.
- Why: Strengthens calves and supports ankle stability.

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