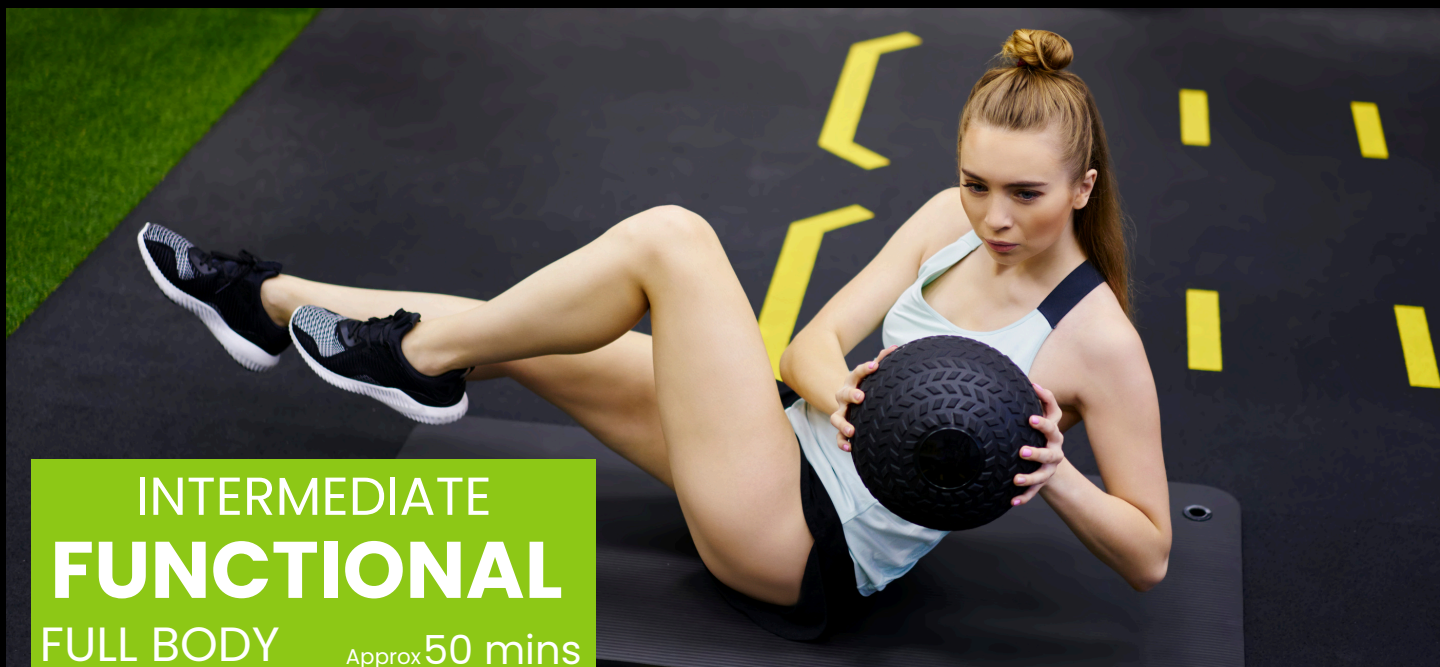




INTERMEDIATE FUNCTIONAL FULL BODY

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 Front Squat – 3 x 8–10 reps

- **How:** Hold weight at chest, squat deep, drive through heels.
- **Why:** Builds quad, glute, and core strength; upright squat improves posture.

TRX Row – 3 x 10–12 reps

- **How:** Lean back holding handles, pull chest to hands, control down.
- **Why:** Strengthens upper back, arms, and core.

Dumbbell Single-Arm Chest Press – 3 x 10 reps per side

- **How:** Lie on bench, press dumbbell from chest to straight arm, switch sides.
- **Why:** Unilateral pressing improves chest, triceps, and shoulder stability.

Kettlebell Romanian Deadlift – 3 x 10–12 reps

- **How:** Stand, KB in both hands, hinge at hips, lower to shins, stand up.
- **Why:** Trains hamstrings, glutes, and teaches hip hinge for lifting mechanics.

Slam Ball Overhead Throw – 3 x 12 reps

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

Battle Rope Alternating Waves – 3x20 sec

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

Cable Pallof Press – 3 x 12 reps 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