



INTERMEDIATE FUNCTIONAL LOWER BODY Approx 50 mins

Warm-Up (8 mins)

Why: Increases blood flow, elevates muscle temperature, and enhances performance while reducing injury risk.

- **Walk or jog:** 2 minutes
- **Leg swings (front-to-back, side-to-side):** 30 seconds each leg
- **Hip circles:** 30 seconds each direction
- **Bodyweight squats:** 1 minute
- **Glute bridges:** 1 minute
- 2 warm-up sets of your first exercise with light weight

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 Deadlift – 4 x 5–6 reps

- **How:** Hips back, grip shoulder-width, drive through heels.
- **Why:** Full posterior chain strength and power.

TRX Single-Leg Squat – 3 x 8 reps per side

- **How:** Hold TRX, lower into single-leg squat, drive up.
- **Why:** Unilateral leg strength and balance.

Kettlebell Swing – 3 x 15 reps

- **How:** Hinge hips, swing KB to chest height.
- **Why:** Explosive hip drive, grip, and cardio.

Deadmill Push – 3 x 30 sec

- **How:** Turn treadmill off, lean forward, grip handles, push belt hard.
- **Why:** Mimics sled push; builds leg strength, power, and cardiovascular endurance.

Slam Ball Rotational Throw – 3 x 10 reps per side

- **How:** Rotate torso, throw ball sideways against wall.
- **Why:** Trains rotational core power and obliques.

Battle Rope Slams – 3 x 20 sec

- **How:** Slam ropes forcefully, engage core.
- **Why:** Full-body power and grip endurance.

TRX Hamstring Curl – 2 x 12 reps

- **How:** Heels in TRX, bridge hips up, curl heels in.
- **Why:** Isolates hamstrings and glutes with core stability.

TRX Abdominal Extension – 2 x 10 reps

- **How:** Kneel, grip handles, lean forward, extend arms, engage core, return upright.
- **Why:** Strengthens core, improves stability, challenges balance, enhances functional abdominal strength.

Cool-Down (7 mins)

Why: Lower heart rate, improve flexibility, reduce muscle soreness, and prevent injury.

Standing quadriceps stretch: 30 seconds per leg

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

Standing hamstring stretch: 30 seconds per leg

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

Seated glute stretch: 30 seconds per side

- **How:** Sit, cross ankle over opposite knee, lean forward gently.

Calf stretch (wall or step): 30 seconds per leg

- **How:** Press ball of foot against wall, lean forward.

Gentle walking or cycling: 2–3 minutes