

Functional Exercise Categories and Sample Exercises

Programming starts with prescribing 2 mobility exercises, then an exercise for each of the functional categories, followed by stretches. Each session includes a cardio warm-up and cool-down. Each exercise is tailored to the individual with progressions and modifications made to accommodate the individual.

Functional Category	Sample Exercises
Mobility	Arm rainbows, standing hip opener/closer, airplane, thoracic spine rotations, wall angels, scapular squeezes, etc.
Squat/Lunge	Ball squats, Goblet squats, Step-ups, Lunges, Wall sits, Box squats, etc.
Push	Push-ups, Chest press, Chest fly, Incline press, Cable crossovers, Wall push-ups, Shoulder press, Arnold press, Front raises, Close-grip push-ups, etc.
Hinge	Romanian deadlifts, Good mornings, Kettlebell swings, Glute bridges, Deadlifts, Stability ball leg curls, etc.
Pull	Bent-over row, Seated row, Lat pulldown, Resistance band rows, TRX row, Reverse fly, Bicep curls, Hammer curls, Cable curls, etc.
Carry	Farmer's carry, Suitcase carry, etc.
Core	Plank, Side plank, Bird dog, Dead bug, torso rotations, Mountain climbers, Leg raises, Pallof press, etc.
Stretches (quads, hamstrings, glutes, hip flexors, calf, chest, upper back)	Hamstring stretch, Calf stretch, Chest doorway stretch, Upper trap stretch, Child's pose, Hip flexor stretch, Cat-cow stretch, Neck side stretch, etc.