



# FUNCTIONAL FOUNDATIONS

A SET FOR SET GUIDE OF  
PURPOSEFUL TRAINING METHODS

# Disclaimer

Set For Set, LLC strongly recommends that you consult with your physician before beginning any exercise program.

You should be in good physical condition and be able to participate in the exercise.

Set For Set is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Set For Set, and any and all of its founders and members from any and all claims or causes of action, known or unknown, arising out of Set For Set, LLC.'s negligence.

Just be safe, train hard, and treat your body with respect. All will be stellar.

# ALWAYS READY

Your body is a temple that needs a strong foundation to function at its highest capacity. Sacrificing 1% of your day is all it takes to maintain and build a stronger temple.

We created Functional Foundations to provide you with a selection of movements that are designed to enhance your all-around performance. Having "functional fitness" means having the strength, coordination, mobility, and flexibility to perform any daily function called upon you. Whether its carrying groceries, or climbing a rock wall, you are #alwaysready.

All the movements and exercises in this program are foundational movements that we would use to train any athlete or any individual looking to embark upon a fitness journey that is more "athlete" focused. It's about speed, reaction, agility, and quickness. Our philosophy is that **mobility drills**, **dynamic stretches**, **plyometrics**, and **bodyweight strength** enables you to build a solid foundation. This guide was made to help you get a start at each.

These exercises should be used as an addition to your current training program. However, if you aren't training at all, or often, this also a great starting point.

Training with purpose and direction eliminates wasteful movements and actions. Let this manual be your guide to functional fitness. You don't have to get ready when you're #alwaysready.

Let's get Started...

# Mobility

Low Lunge with Hip Elbow Press	T-Spine Rotations	Wall Hip Flexor Rotation	Supine Bridge with Reach
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# Dynamic Stretches

Crazy Frog	Karate Stretch	Downward Dog	Rocking & Rolling
Knee Hugs	Leg Cradles		

# Plyometrics

High Knees	Butt Kicks	Quick Skips	High Skips
Tuck Jumps	Single-leg Lateral Jumps	Jumping Lunges	Clapping Push Ups

# Functional Strength

Hindu Push Ups	Forward Ape Walks	Lateral Ape Walks	Plank Hollow Body Hold
Hollow Body Hold	Air Squat	Glute Bridge & March	Ninja Push Ups

# MOBILITY

Mobility exercises are some of the most skipped aspects of most people's workouts.

There's a reason why Special Ops, the most badass guys on the planet, incorporate plenty of mobility exercises into their workout routines. By adding mobility exercises into your workout program, you will build a more durable, flexible body by decreasing tightness while improving your range of motion and alleviating muscle imbalances that often can lead to injury.

NOW it's time to regain your mobility by starting with the following exercises!

# Low Lunge with Hip Elbow Press



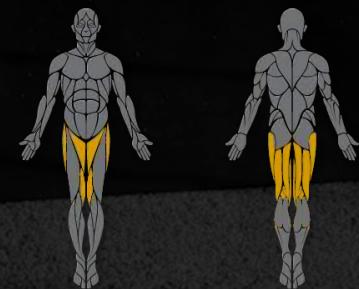
## HOW TO:

1. Get into a lunge position with your right foot in front.
2. Reach down with both arms extended so that your right arm is on the inside of your right knee.
3. Use your arm to press the inside of your right knee outward, externally rotating at the hip. As you press outward, sink your hips towards the ground. Use a slow and controlled motion when pressing your knee outward.
4. Switch sides and repeat.

**Recommended:** 8-10 reps each leg.

**TIP:** Don't push yourself beyond your capable range of motion.

**Good for:** External rotation, tight hips, squat mobility, preparation for squatting. This is a hip opening exercise.



# T-Spine Rotations



SET FOR SET

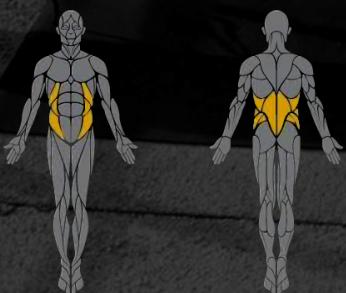
## HOW TO:

1. Lie flat on your stomach with your arms and legs straight.
2. Place your right hand over your right ear.
3. Slowly rotate your elbow towards the sky.
4. At the peak of your stretch, slowly lower your elbow back into the previous position.
5. Switch sides and repeat.

**Recommended:** 8-10 reps each side.

**TIP:** Exhale on the rotation.

**Good for:** T-spine (upper back) mobility, stiff backs, people who sit at a chair a lot and/or have a desk job. Good for most sports involving rotation.



# Wall Hip Flexor Mobilization



A black and white photograph of a man performing a hip flexor stretch against a wall. He is leaning forward with his right knee bent and his right foot resting on a towel placed against a wall. His left leg is extended straight out behind him. He is holding onto a metal railing with his left hand and has his right hand reaching back to grasp his right ankle. He is wearing a dark t-shirt and shorts. The background shows a city skyline and palm trees under a cloudy sky. A red YouTube play button icon is in the bottom left corner.

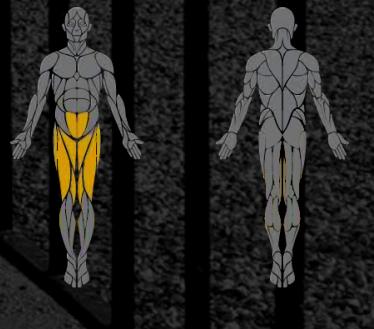
## HOW TO:

1. Put a pad/towel a couple feet away from the wall.
2. Place your right knee on the towel while putting your other foot out in front of you.
3. Reach back with your right hand and grab your right foot and pull towards your glutes.
4. Next, lean forward and place your left hand on the wall in front of you.
5. Perform a slow and controlled rocking motion forward and backward.

**Recommended:** 8-10 reps each leg.

**TIP:** Start slowly, easing your body into this stretch to avoid pulling anything. Exhale on the forward portion of the movement - make sure you breathe!

**Good for:** Runners; because it aids in opening your hips which results in a better stride length.



# Supine Bridge With Reach

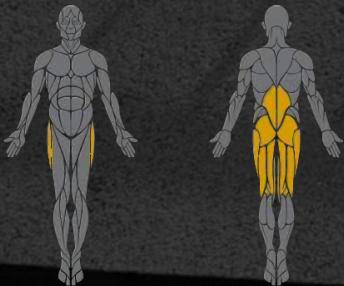
**HOW TO:**

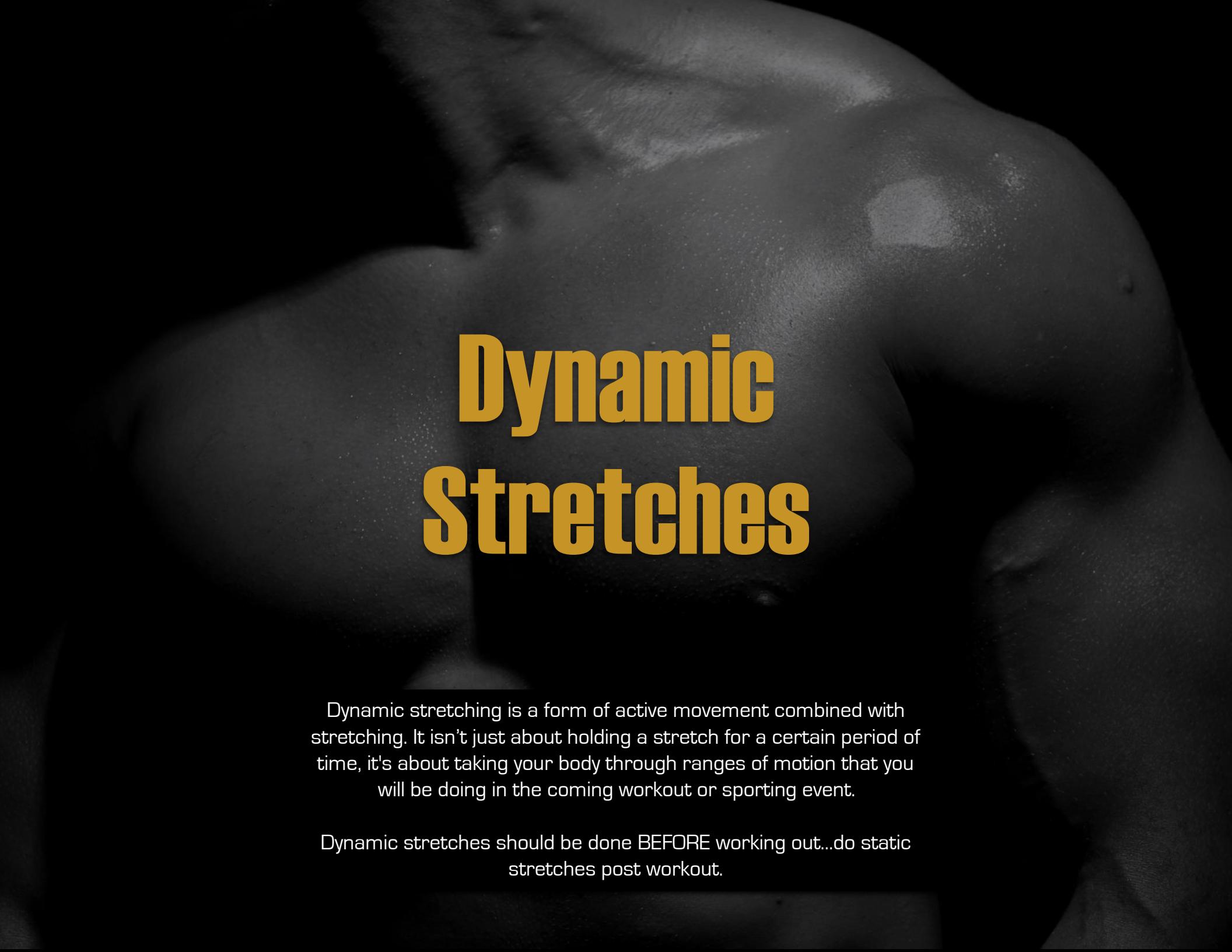
1. Lie down on your back with your knees bent.
2. Ascend into a glute bridge (push your hips towards the sky).
3. At the top of the movement, twist your torso and extend one arm to reach over the opposite shoulder.

**Recommended:** 8-10 reps each side.

**TIP:** Make sure your glutes are doing most of the rotation. DON'T use your lower back in the rotation. You should aim to rotate from your obliques.

**Good for:** Glute activation. People who are frequently sitting for extended periods of time.





# Dynamic Stretches

Dynamic stretching is a form of active movement combined with stretching. It isn't just about holding a stretch for a certain period of time, it's about taking your body through ranges of motion that you will be doing in the coming workout or sporting event.

Dynamic stretches should be done BEFORE working out...do static stretches post workout.

# Crazy Frog



A black and white photograph of a man performing the Crazy Frog exercise. He is in a kneeling position, facing away from the camera. His hands are stacked under his shoulders, and his feet are externally rotated so that his insteps are on the ground. He is gently rocking his hips forward and backwards. The background shows a metal fence and some buildings.

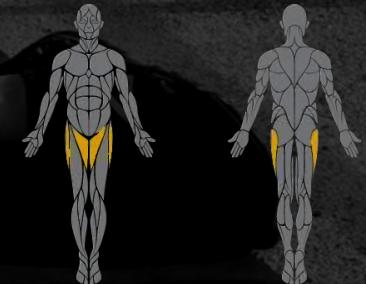
## HOW TO:

1. Put your knees on the ground, hands stacked under the shoulders.
2. Externally rotate your feet so your instep is placed on the ground.
3. Gently rock your hips forward and backwards using slow and controlled movements.

**Recommended:** 8-10 reps.

**TIP:** Go slow, only go as far as your hips and groin will allow you to go. Use caution when getting into this position. Don't force a range of motion you can't achieve.

**Good for:** Internal rotation of the hip.



# Karate Stretch



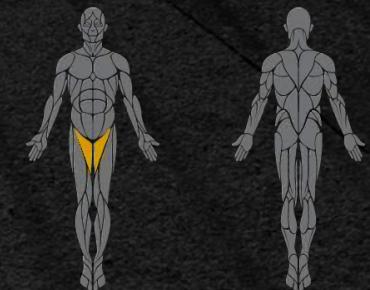
## HOW TO:

1. Start on both knees with your hands stacked under your shoulders.
2. Lean forward towards your hands and swing your left leg perpendicular to your body.
3. Rock your hips backwards and forwards in a slow and controlled motion.

**Recommended:** 8-10 reps.

**TIP:** Don't push hips beyond what is comfortable.

**Good for:** Opening up the hips, mobilizing hips, and dynamically stretching the groin.



# Downward Dog



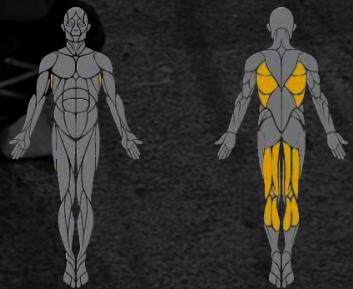
## HOW TO:

1. Start in a push up position.
2. Keep your feet where they are, push your hips back towards your feet extending at the arms and shoulders.
3. Push into the floor with your hands; bring your chest towards your thighs then sink your heels towards the floor.
4. Once in position; you should be looking back through your legs.
5. Slowly return to a push up position.

**Recommended:** 8-10 reps.

**TIP:** Press through the palms of your hand while pushing your heels into the ground.

**Good for:** Hamstring, Calf, and Latissimus Dorsi mobility/flexibility.



# Rocking & Rolling



## HOW TO:

1. Sit down and roll backwards bringing your knees towards your face with your hands on your chest, so your hips off the ground.
2. In the same movement, roll forward while simultaneously spreading your legs apart, reaching your hands straight forward and touching the ground in front of you.
3. Repeat.

**Recommended:** 8-10 reps

**TIP:** Move in a slow, controlled and continuous motion.

**Good for:** Dynamically stretching the hamstrings.



# Knee Hugs



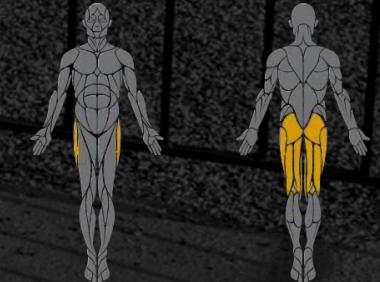
## HOW TO:

1. Lift right knee to your chest then grab below your knee with both hands.
2. Pull your right knee to your chest while contracting your left glute.
3. Repeat on the other side.

**Recommended:** 8-10 reps each leg.

**TIP:** A slight backward lean deepens the stretch.

**Great for:** Dynamically stretching the hamstrings.



# Leg Cradles



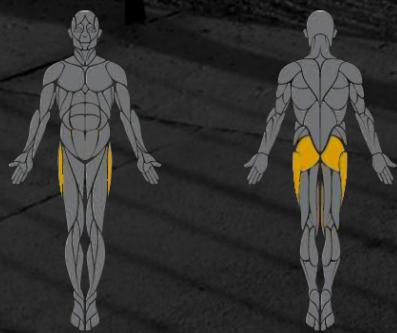
## HOW TO:

1. Stand with your feet shoulder width apart with your arms to your sides.
2. Lift your right knee and grab it with your right hand.
3. Grab your right ankle in your left hand.
4. Stand with upright posture, gently pull your right leg towards your chest.
5. Slowly let your leg back to the ground.
6. Repeat same steps on the other side.

**Recommended:** 8-10 reps each leg.

**TIP:** Keep your eyes on a fixed point so you can maintain balance.

**Good for:** Hip mobility; dynamically stretching the outer hip.



# Plyometrics

Ever wonder how pro athletes display such explosiveness and power?

Enter the world of plyometric exercises, where you can improve your power, explosiveness and body control. Become an all-around athlete by regularly incorporating plyometrics into your workouts.

Noun: Plyometrics plyo·met·rics; a.k.a. plyos or jump-training.

Exercise involving repeated rapid stretching and contracting of muscles (as by jumping and rebounding) to increase muscle power.

All of your muscles are required to work together while performing these exercises enabling you to better control your body in a more aggressive way.

Get ready to improve in your chosen sport(s) or activity as well as in everyday life.

# High Knees



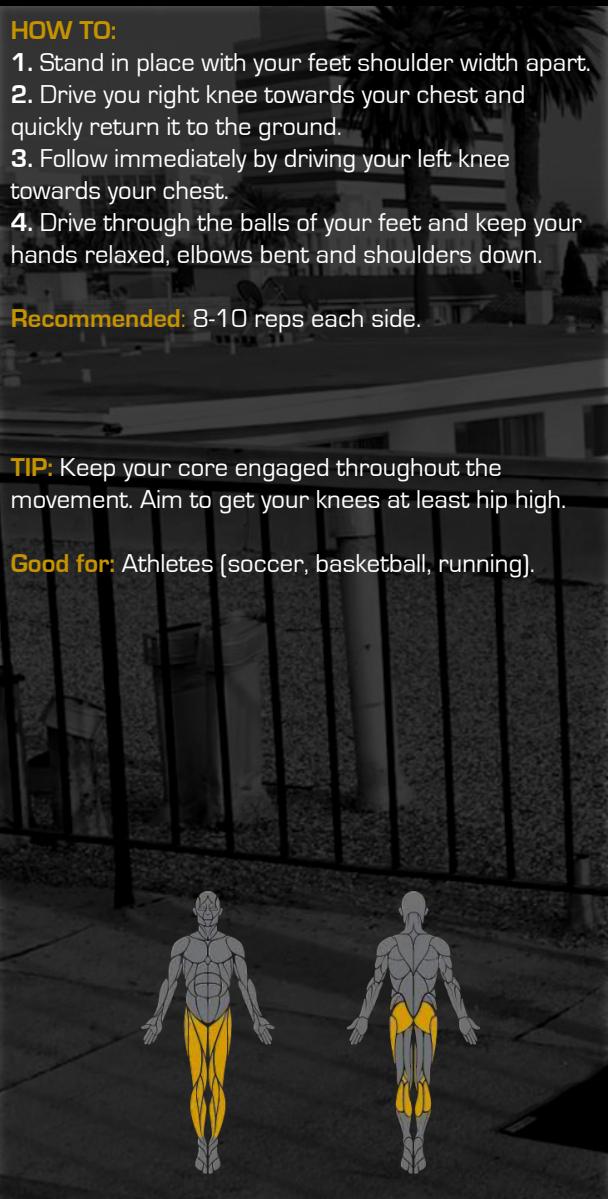
## HOW TO:

1. Stand in place with your feet shoulder width apart.
2. Drive your right knee towards your chest and quickly return it to the ground.
3. Follow immediately by driving your left knee towards your chest.
4. Drive through the balls of your feet and keep your hands relaxed, elbows bent and shoulders down.

**Recommended:** 8-10 reps each side.

**TIP:** Keep your core engaged throughout the movement. Aim to get your knees at least hip high.

**Good for:** Athletes (soccer, basketball, running).



# Butt Kicks



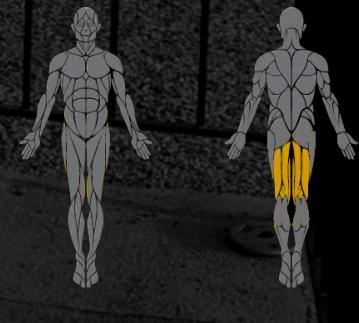
## HOW TO:

1. Stand in place with your feet hip width apart.
2. Drive your right heel towards your glutes, contracting your hamstring, and quickly return it to the ground.
3. Immediately repeat the same movement using your left leg.

**Recommended:** 8-10 reps each leg.

**TIP:** Focus on driving your heel towards your butt.

**Good for:** Warming up hamstrings.



# Quick Skips



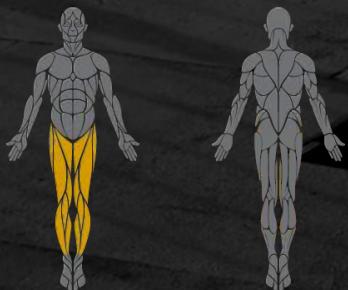
## HOW TO:

1. Stand with your feet hip width apart and your arms at your sides.
2. Drive your right knee and left arm up while rising up on the toe of your left leg.
3. Immediately drive your left knee and right arm up while pushing off of your right foot.
4. With each skip, drive your knee upward as high as possible toward your chest.

**Recommended:** 8-10 reps each side.

**TIP:** Engage core, keep the rib cage down, drive your knee powerfully and quickly in an upward motion.

**Good for:** Explosive power!



# High Skips



## HOW TO:

1. Stand with your feet hip width apart.
2. Drive your right knee and left arm up while exploding upward off your left leg.
3. Land on your left leg and then immediately drive your left knee and right arm up while pushing off of your right foot.
4. With each kick propel yourself upward as high as possible while driving the lifted knee toward your chest.

**Recommended:** 8-10 reps each side.

**TIP:** Explode off of a single leg, land on a single leg (softly).

**Good for:** Building explosive power on a single leg.



# Tuck Jumps



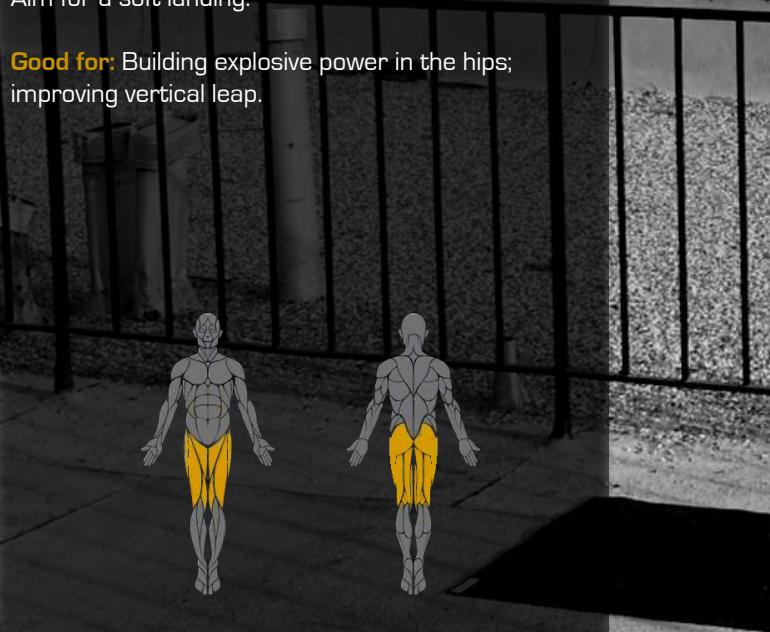
## HOW TO:

1. Stand with legs shoulder width apart.
2. Lean slightly forward while keeping your spine as straight as possible.
3. Put all of your force on your toes by bending your knees.
4. Swing your arms back, then forward, exploding up into the air while bringing your knees as close to your chest as possible.

**Recommended** 8-10 reps.

**TIP:** Use your arms for momentum to explode up.  
Aim for a soft landing.

**Good for:** Building explosive power in the hips;  
improving vertical leap.



# Single-leg Lateral Jumps



A black and white photograph of a man performing single-leg lateral jumps on a rooftop terrace. He is in mid-air, having just jumped from his left leg, which is bent at the knee. His right leg is extended forward, and his arms are swinging to the right. He is wearing a dark t-shirt and shorts. The terrace has a metal railing and a gravel surface. In the background, there are palm trees, other buildings, and a clear sky. A red YouTube play button icon is in the bottom left corner.

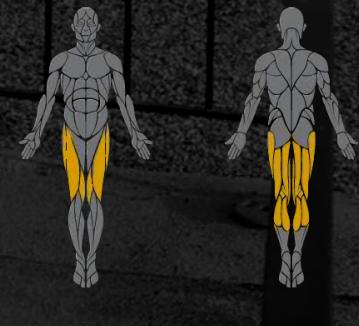
## HOW TO:

1. Balance on your right leg, swinging your arms to the right side of your body.
2. Hop as far as you can to the left by swinging your arms, using the momentum of your swing to propel yourself laterally.
3. Follow immediately to the other side.

**Recommended:** 8-10 reps each side.

**TIP:** Go slow through this motion as it is a single leg exercise that requires balance.

**Good for:** Working on single leg strength, balance, landing, and coordination. Great for any athlete.



# Jumping Lunges



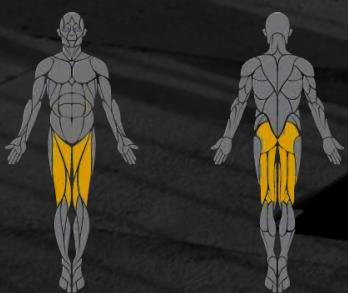
## HOW TO:

1. Start by standing with your feet staggered, your right foot slightly in front of your left.
2. Keep your knees bent, but not into a full lunge.
3. Engage your core then push from the bottom of your feet into a jump.
4. Switch the position of your feet midair, landing with your left foot in front.
5. Repeat this movement alternating the leg in front.

**Recommended:** 8-10 reps each side.

**TIP:** Avoid bouncing your knee off the ground. Take a wide stance. Keep your knees behind your toes.

**Good for:** Building explosive power in the legs - that's what plyometrics do!



# Clapping Push Ups



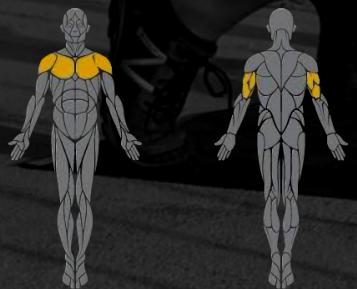
## HOW TO:

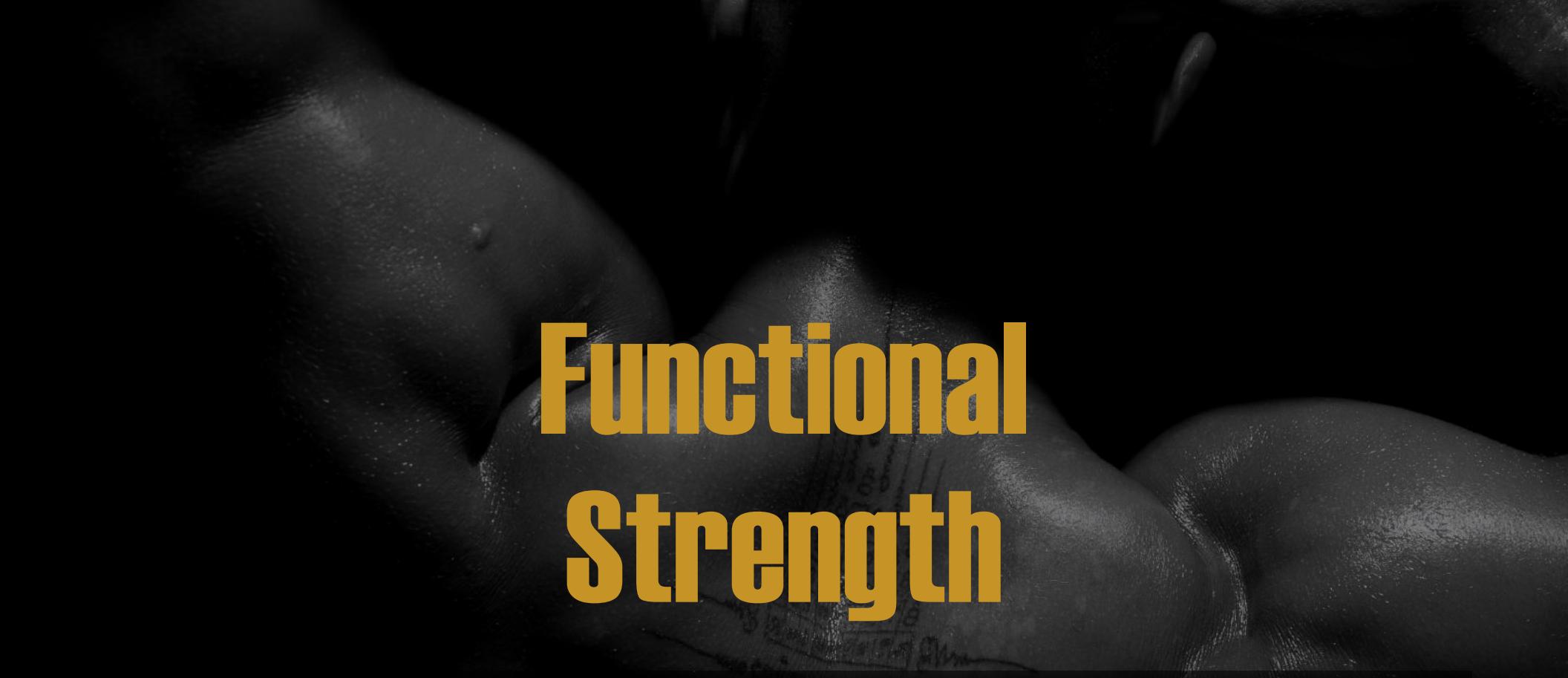
1. Get into push up position.
2. Do a push up but use all your power to explode up so you lift off the ground and are able to clap your hands and then return your hands to the ground in push up position for landing.
3. Repeat.

**Recommended:** 8-10 reps.

**TIP:** Explode off of the ground. If you can't clap, try to at least bring your hands off the ground, catch yourself softly in push up position, and repeat.

**Good for:** Building explosive power in the chest and upper body.





# Functional Strength

Learn to be human again...PRIMAL again, with functional strength training.

Train your body to be ready for activities performed during daily life. If you want your major load-joints (ankles, knees, hips and shoulders) to move through the full range of motion without suffering from firmness, pain or having a lack of motion then you NEED to add functional strength training into your workouts.

The easiest way to start functional strength training is to move away from the monotony of everyday life. We've given you a few unrestrictive exercises to get you moving how your body was designed to move.

We weren't made to sit slouched over our computer hours on end, so get out there to reclaim your functional strength.



SET FOR SET

# Hindu Push Ups



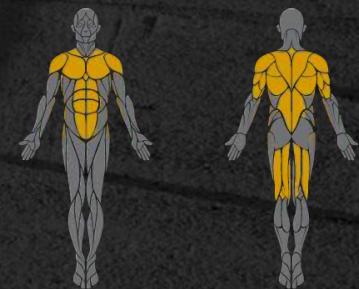
## HOW TO:

1. Start in a push up position.
2. Push your hips back towards your heels while pushing from the palms of your hands. You are now in a Downward Dog position.
3. Slowly, and in a controlled motion, bring your face, chest, and belly close to the ground in a diving motion.
4. While on the descend make sure to move as fluidly as possible.
5. Slowly move forward so at the end of the movement, your back is arched and you're looking up at the ceiling. This is also known as Upward Dog.
6. Repeat the movement by pushing back into the downward dog position.

**Recommended:** 8-10 reps.

**TIP:** Keep a slow, smooth, continuous motion.

**Good for:** Building strength in the chest and shoulders, while lengthening hamstrings.



# Forward Ape Walks

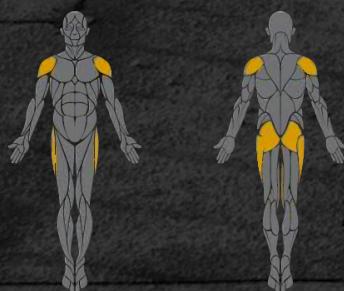
## HOW TO:

1. Stand with your feet shoulder width apart.
2. Squat down and place both hands on the ground between your feet.
3. Reach a couple feet forward with your hands and place them on the ground in front of you.
4. Place the weight of your body into your hands, hop with both feet forward, bringing your feet next to your hands, assuming the squat position.
5. Repeat the previous steps.

**Recommended:** 8-10 reps.

**TIP:** Get primal, it's a primal movement!

**Good for:** Hip mobility, glute activation, shoulder strength.



# Lateral Ape Walks



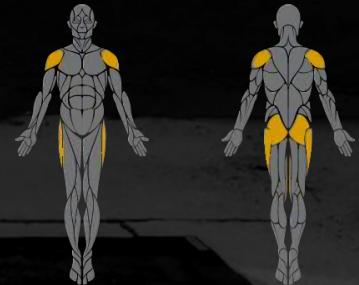
## HOW TO:

1. Stand with your feet shoulder width apart.
2. Squat down and place both hands on the ground between your feet.
3. Reach a couple feet to the right with your hands and place them on the ground in front of you.
4. Place the weight of your body into your hands, kick both feet out to the side flowing laterally into a squat position.
5. Repeat the previous steps.

**Recommended:** 8-10 reps.

**TIP:** Get primal - It's a primal movement!

**Good for:** Hip mobility, glute activation, wrist and shoulder strengthening, and moving laterally.



# Plank Hollow Body Hold



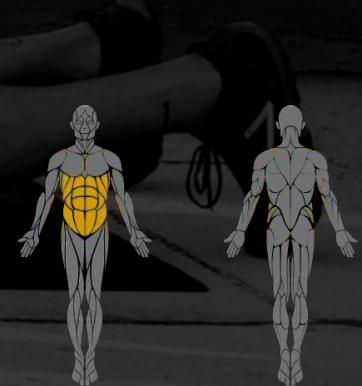
## HOW TO:

1. Start in a plank position on your knees with your elbows under your shoulders.
2. Activate your core by pulling and lifting your torso towards the sky.
3. Hold the position.

**Recommended:** 3 sets of holding for 8-10 seconds.

**TIP:** Pull your belly button up towards the sky.

**Good for:** Firing up the core.



# Hollow Body Hold



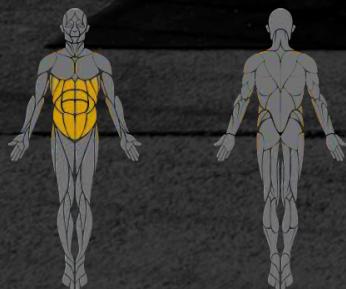
## HOW TO:

1. Start by lying down on your back with your legs together and stretched out in front of you.
2. Keep your legs straight by flexing your knees, point your toes forward to help with proper form.
3. Next, reach your hands over your head with your elbows completely straight and look up towards the sky.
4. Once you're in the fully extended position, engage your core by lifting your legs and arms off the floor.
5. Squeeze your abdominals and press your lower back into the ground.
6. Hold this position.

**Recommended:** 3 sets of holding for 8-10 seconds.

**TIP:** You should look similar to a banana. This is the core position in gymnastics.

**Good for:** Firing up the core.



# Air Squat



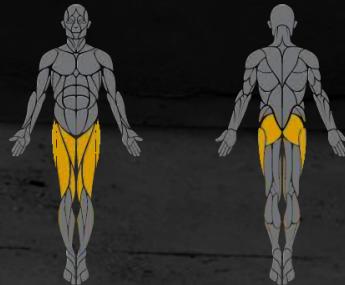
## HOW TO:

1. Stand with your feet shoulder width apart, with your toes pointing slightly outwards.
2. Push out your chest while contracting your shoulder blades together.
3. Bend at your knees while pushing your butt out like you are going to sit down.
4. Your knees should be over your toes. Keep your weight on your heels.
5. Squat down with your arms out in front of you until your thighs are at least parallel to the ground.
6. Focus on rotating your knees outward as you go down.
7. Make sure to keep your torso straight.
8. Now move upward returning to your starting position. Tighten your glutes and put your arms back to your sides.

**Recommended:** 8-10 reps.

**TIP:** Try to lower yourself to the crease of your hips and parallel to your knees or slightly below.

**Good for:** Glute, hamstring and quad activation and strengthening.



# Glute Bridge & March



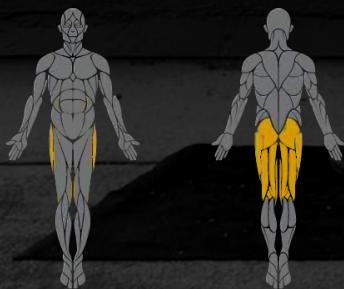
## HOW TO:

1. Lie down with your back on the floor, with your knees bent at 90 degrees.
2. Push your heels into the ground while raising your hips.
3. You will end up in a bridge like position.
4. At the top of this bridge, alternate each leg in a marching like movement.

**Recommended:** 8-10 reps each side.

**TIP:** Make sure to squeeze your glutes to keep your hips up.

**Good for:** Glute activation.



# Ninja Push Ups



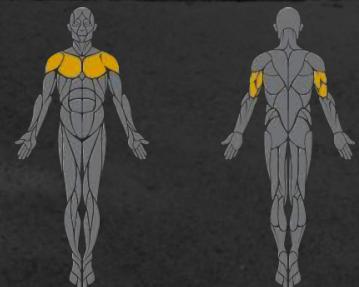
## HOW TO:

1. Get into push up position.
  2. Do a push up, but when you come up to starting position swing your legs forward and to the side towards your left hand.
  3. Extend your right foot out forward in a fluid motion.
  4. Swing back into push up position and repeat.
- 

**Recommended:** 8-10 reps each side.

**TIP:** Smooth, continuous motion - Perfect reps are what counts, don't rush this.

**Good for:** Chest and tricep development, and fundamental coordination of hip and leg movement.





# Start Exploring

Our functional foundation workout routine of **Mobility**, **Dynamic Stretches**, **Plyometrics**, and **Functional Strength** should be a great addition to your current practice.

Beginners should start by mastering the movements one by one until proper form is achieved. Then you can begin stringing these movements into a seamless routine, moving from one movement to the next. Take each movement as an individual challenge to master. Do not rush.

If you are comfortable with all the movements, the best way to utilize this program is to start from the first exercise in "mobility" and continue through all the way until the last exercise in "functional strength" without stopping. This should take around 15 to 20 minutes. We think this is the most complete way to warm up and prepare the body for any workout, challenge, or competition. □

Functional fitness is about being able to use your body for any task called upon it. You don't have to get ready when you are...

#alwaysready.

# Have a question?

Our team is **#alwaysready** to answer any of your questions or concerns.

[Click here to speak to a member of our Squad.](#)

