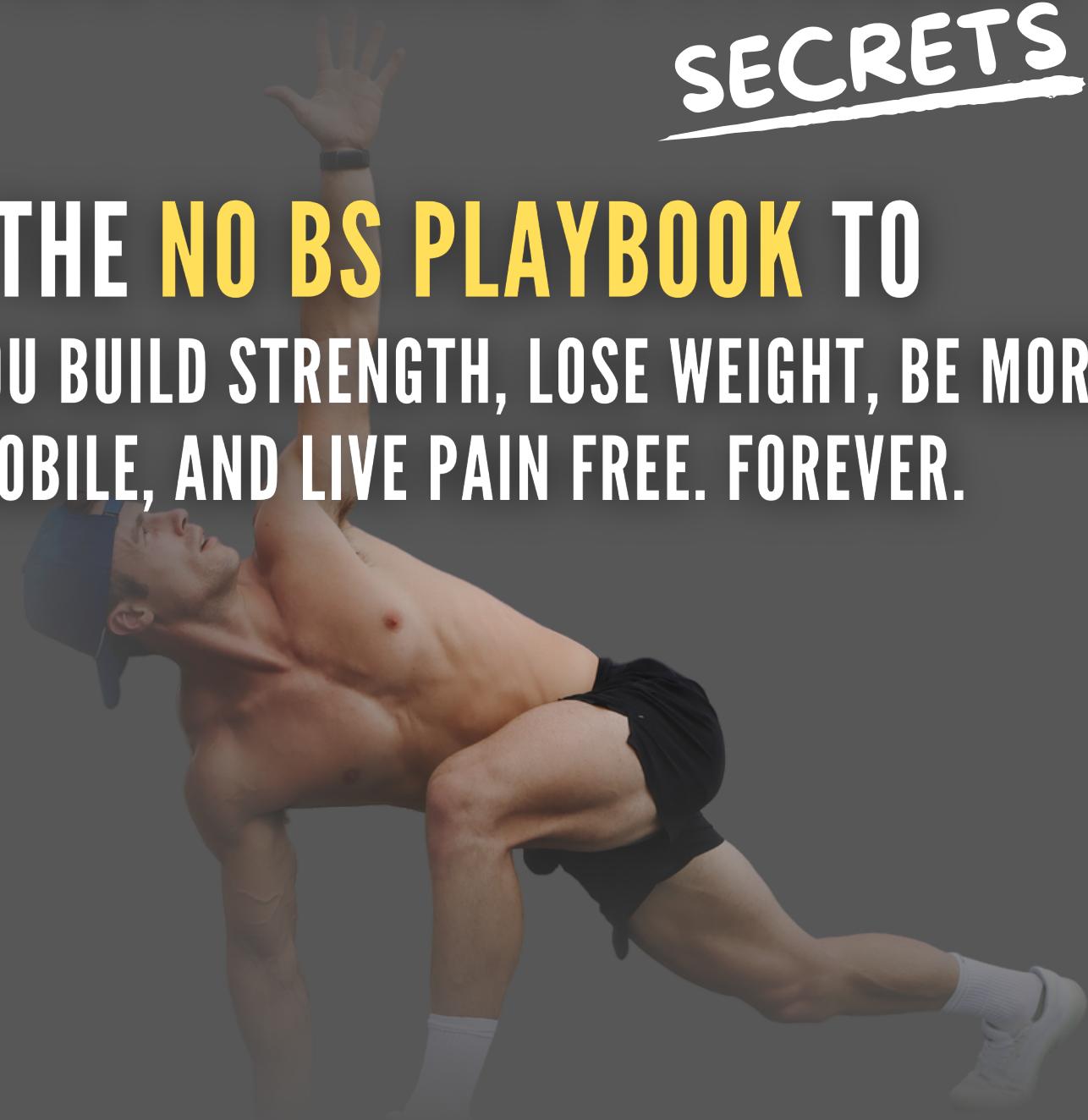


VOLUME 01

FUNCTIONAL FITNESS SECRETS

THE NO BS PLAYBOOK TO
HELP YOU BUILD STRENGTH, LOSE WEIGHT, BE MORE
MOBILE, AND LIVE PAIN FREE. FOREVER.



BY DR. COLIN PASQUE

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VIRTUAL TRAINING COMMUNITY ON EARTH



DR. COLIN PASQUE, DPT

FOLYFE FOUNDER + COACH & PHYSIO

I wrote this e-Book to both educate and uncover training principles that so many fitness professionals hold tight to their chest. Whether you are dabbling in the functional fitness world for the first time, looking for a way to lose some weight, or just simply want to learn a few new ways to improve your health, I wrote this for you. In the coming pages, I will uncover aspects of Mobility, Fitness, and Nutrition that each serve as the foundational building blocks to becoming a Functional Athlete. Welcome to the FLO. Let's do this.

CHAPTER 1: INTRODUCTION

HOW WE GOT HERE

Every person is on a journey to discover their version of optimal health. For some, this takes on the form of an aesthetic goal and looking a certain way. For others, they simple want to feel better and have more confidence and energy. And of course, there are those who want to push their own boundaries by training to be faster, stronger, and more capable than they were yesterday.

With the overabundance of information available to us through the internet and social media, it is easy to get married to this method vs that method when it comes to fitness, lifestyle habits, or my favorite of all, nutrition. My hope for this book is to help you discover your method and boil down some key, foundational principles that I have discovered about mobility, fitness, and nutrition that can be utilized and implemented by anybody. Anywhere. Anytime. To produce maximum results in your life.

Forever.

I wrote this book for each of you because I know that just like everyone has a completely unique set of genetics and cultural differences, we also have different goals for our life and health. My hope is that the coming chapters would help you define your version of success for your health and fitness, and to equip you with realistic strategies that will help you see legitimate results forever. This is not a gimmicky fad diet or HIIT workout routine that may get you short term results, but will lead you right back to where you started because it loses effectiveness OR becomes unsustainable. I want to dismantle the image and of health and that has been painted for you by the mass media, and give you a new take that puts YOU, your longevity, and your goals at the center.

You will learn about my 3 frameworks for creating sustainable, life-altering changes to the way you approach your health, while also getting an abundance of free resources such as a free mobility assessment, mobility routines, a personalized nutrition training, recipe lists, training on my easy-to-understand guide for programming your own functional fitness workouts, and access to full functional fitness workouts (created by yours truly).

5 | HOW WE GOT HERE

I am, of course, a Doctor of Physical Therapy and Fitness Coach by trade. So naturally, I would love the opportunity to get to serve you and work with you personally through one of my online fitness programs or subscriptions. But ultimately, my hope is that this book provides you so much value, and so many free, actionable resources, that you do not need a coach or program to follow.

It may sound like a bad business plan on my part, but in full transparency, that is my hope and goal for this book. I truly want to help you live your fullest, healthiest, and happiest life. And if this book provides even 1 useful nugget to help 1 of you make a life-altering, generational changing transformation, then all of the years and effort I poured into writing this will have been worth it to me.

Now we have the stage set, let's get to the juicy stuff.

The Origin Story

If you do not wish to learn about my story and the start of FLOLYFE Fitness, I completely understand. You may want to skip ahead to Chapter 2 covering Mobility (a free movement assessment and guide to building out your own mobility prescription can be found there). If you are cool with a little story time, then read on and see how the heck we got to where we are today:

Being an athlete was woven into my DNA. My parents always tell me they had to put me in sports early in my childhood because of how much energy I had – I was THAT kid. Naturally, I fell in love with being an athlete and everything that came with it. Competing, training, and always pushing myself to do better than I did yesterday. Sports essentially consumed my identity and became a part of my image from a young age. Fast forward a few years, and I found myself graduating college as a 3-time D2 track and field all-American, a degree in Biochemistry, a recipient of the president's award, and had a head full of steam to go to medical school to become a Sports Medicine Doctor.



6 | HOW WE GOT HERE

Before I applied to medical school, I worked in a hospital to gain some practical, real-world experience to impress the admission boards of the schools I would be applying to. During that year, my perspective of medicine got unraveled as I realized how broken the traditional health care system was at offering true, sustainable, long-term solutions to patient's lives.

Even though I saw life-saving procedures and treatments being performed by the phenomenal American Physicians and medical practitioners we are lucky to have access to, I also saw the state of disparity of Western societies health, and how our medical system is failing to address the source of the issue, being: people have lost touch of how to take care of their fitness and health on their own, and instead are subjecting themselves to the conventional medical system focused on fixing and treating pain, obesity, and chronic disease through pills and procedures that never would have been necessary in the first place had they been given the proper resources to live a healthy lifestyle from the start.

After I had this revelation, my heart and passion shifted towards taking a different approach. A more proactive, vs reactive approach to health and wellness. One that placed me upstream of the issues where I could help people re-gain their health, prevent injury, and implement lifestyle habits they could utilize forever to keep them moving and performing at their highest level.

This is right around when I stumbled upon the world of Functional Fitness, just months before beginning my Doctorate in Physical Therapy (DPT). As I dove into my DPT studies, I simultaneously fell in love with fitness coaching. And against what every single one of my DPT professors recommended, I "worked" every single day throughout the 3-year program immersing myself in the school of hard knocks playing the role of BOTH a professional coach and a student clinician.



7 | HOW WE GOT HERE

During my 2nd year of DPT school, a little known generational shaking event happened – the COVID-19 pandemic. It was around the same time that my wife, Carissa, and I found out we were pregnant with our first child. I knew that working 80+ hours a week between my studies and coaching group functional fitness classes wasn't going to cut it both financially or for showing up as a husband and father. So I had to find a way to both spend more time at home, while also providing an income to help us through this season of transition.

That is when I stepped away from my group fitness coaching job, and started my own virtual training business, FLOLYFE Fitness.

Our mission has since been to help everyday humans become functional athletes, train pain free, and master their FLO in life (hence the name, FLOLYFE). I have used proven functional fitness methods from years of coaching and personal training, my experience as an athlete for over 2 decades, and the movement and rehab principles I learned during my DPT program to create the training style that you now know to be hallmark to the FLOLYFE Fitness company's image.

Nothing fancy. Nothing revolutionary.

Just a system that represents a bunch of knowledge boiled down to its simplest form that has now been utilized by thousands help create sustainable, life-altering transformations to the way they approach their health and fitness.

I have charged a lot of money for the information that I am about to divulge to you, with hopes that at least one person actually takes the steps to implement the information in the coming pages to help turn their life around. I will not be there to hold your hand, or to walk you through the steps to make the changes that you so eagerly desire. But I will be here as a guide to help you assess your mobility, nutrition, and movement patterns to *hopefully* make the changes needed to move forward in your life. I am pumped for you, this could be the start of forever for you! Now, it's time to get to work!



CHAPTER 2: MOBILITY

**HOW TO MOVE SO WELL THAT YOU NEVER LOOK
LIKE FRANKENSTEIN ATTEMPTING TO SALSA
DANCE EVER AGAIN**

FREE GIFT #1 & #2 – Free Self-Mobility Assessment, 9x Free Joint Specific Mobility Routines

Mobility is the foundation for every functional movement pattern you perform on a regular basis. From standing up off the toilet, to putting on your shirt, to tying your shoes, to getting into your car, your body is continuously adjusting to the positional demands of any given situation. And if any of your joints lacks mobility, your body will find that mobility somewhere else (usually through an unfavorable, energy-sucking, potential injury-causing compensation).

9 | THE MOBILITY FORMULA

Why am I starting with mobility? Because it spills into just about every area of your health.. good movers typically (1) suffer from less pain, (2) are more capable to handle life's demands, (3) live a more robust life of adventure, and (4) generally move more, which helps them maintain a healthy body mass and increases their longevity and vitality. But you may be wondering, what the heck is mobility anyway? How do we define it?

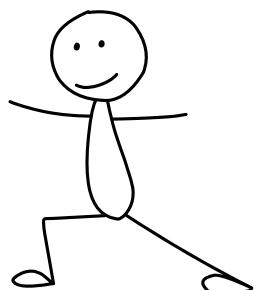
The term ***Mobility*** can be broken down into one simple formula I like to call: **The Mobility Formula** (clever, I know). Understanding this one formula will change the way you approach your fitness and movement forever, so pay close attention:

$$\text{MOBILITY} = (\text{FLEXIBILITY} + \text{STRENGTH}) \times \text{MOTOR CONTROL}$$

In other words, Mobility is someone's ability to actively take a joint (**strength**) through its full available passive range of motion (**flexibility**) while maintaining control and balance (**motor control**). If any of the 3 elements in the mobility equation are suffering, an individual will never be able to express their truest optimal movement quality and positioning while performing functional movement patterns.

Why do we **multiply** by Motor Control? Because, your ability to control a motion can dramatically influence how well you are able to **express** your mobility.

Let me explain: If you scored flexibility, strength, and motor control on a scale of 0-10, with 10 being the highest 'optimal' number, a "perfect" score would be 200 $[(10+10) \times 10 = 200]$. When any of these is affected, you can assume that your overall mobility will decrease.



10 | THE MOBILITY FORMULA

The biggest player being your overall ability to control movement (aka “motor control”). Motor control is ESSENTIAL to becoming the most healthy & athletic version of yourself. Without the ability to control movement, you lose the ability to express your body’s fullest potential, and won’t be able to access a healthy, full range of motion in the gym.

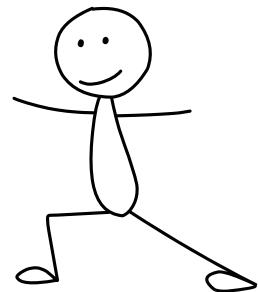
This is why it is so important to internalize proper movement habits and behaviors. Sloppy movement may get you by, but it will be your demise over time.

Don’t be a sloppy mover. Be cool. Be a good mover, and learn to control your body in space.

I have spent thousands of hours discovering, testing, and coaching the implementation of this formula to thousands of patients and clients, and now I am going to share it with you. For free.

And let me start by first saying this: none of this information is “new” or revolutionary. I am simply an apprentice of the many practitioners and coaches who have gone before me and paved the way for individuals like me who are looking for ways to help more people discover freedom from pain, and to move optimally. I have simply digested their experiences and knowledge and boiled it down into the system you are about to learn.

So, with that said, let’s begin.



11 | THE MOBILITY FORMULA

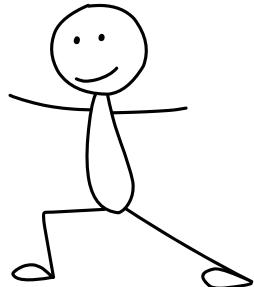
If you could construct an easily-repeatable system that helps you address all 3 areas in The Mobility Formula, and you perform that system consistently over the course of time, theoretically, you will uncover your healthiest movement patterns to move and perform pain-free for the long haul.

And that is exactly what this method below will do for you.

Before we move into how we go about this, lets first make sure we are on the same page with the terms above in the formula.

1. **Flexibility:** The ability to passively take a joint through a healthy range of motion (slightly different from one person to the next depending on the demands of their everyday life; everyone's "healthy range of motion" can be defined by the amount of motion it requires to reduce risk of injury and maintain joint health while performing their desired daily activities)
2. **Strength:** The ability to actively take a joint through a healthy range of motion, and the ability exert enough force to overcome any resistance in the process.
3. **Motor Control:** How much control someone exerts over any particular movement pattern; or how smoothly someone is capable of performing any given functional movement pattern based off their balance, flexibility, and strength.

Make sense? Great. Now lets dive into how you go about utilizing the formula above in a practical way that you can begin implementing today to improve your mobility.



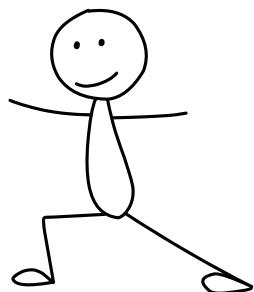
11 | THE MOBILITY FORMULA

Step 1: Understand Exactly Where Your Movement Restrictions Are

- Without understanding where your mobility restrictions are, you will never be able to truly pinpoint the areas that need to be addressed.
- [**FREE GIFT #1: Free 5-Minute Movement Assessment**](#): take this free 5-minute movement assessment to uncover the areas you might be lacking mobility. All you have to do is go to the link above, download the assessment score card, and take the self-assessment there. It's completely free and requires absolutely nothing from you other than actually going through the assessment on your own. Enjoy!

Step 2: Get Your Movement Restriction Score to Give You Direction

- Once you have taken your movement assessment and receive your Movement Restriction Score for each major joint, you will then build your Mobility Prescription centered around improving your mobility in your top 1-2 restricted joint areas.



12 | THE MOBILITY FORMULA

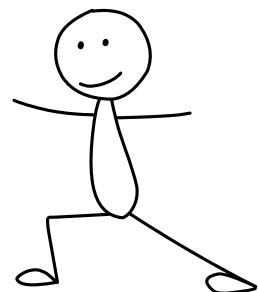
Step 3: Creating Your Personalized Mobility Prescription

- Walking through a random warm up routine that has no intent behind it (that is, if you warm up at all) is like opening a Pharmacist's medicine cabinet and blindly selecting a medication that may help solve your issue, or may result in a trip to the hospital (scary). Albeit extreme, this example is unfortunately how 98% of the general population carry out their "warm up" and "mobility routines" at the gym. No specificity, and absolutely no intent.
- This is exactly why it is crucial to understand where your mobility restrictions exist so that you can create a tailormade plan to help you address it going forward in your daily Mobility Prescription.
- Mobility Prescription Blueprint: Now that you know where your restrictions are, it is time to put the pieces together. On the next page is the Blueprint you will use to build out your Mobility prescription - tap on the exercise to get access to an exclusive demo video where I will show you the proper form on how to do the exercise using the Mobility Success Framework you see here:

Mobility Success Framework

Soft Tissue Work
Passive Mobility
Active Mobility
Strength/Stability

[FREE GIFT #2: Here are 9x Joint-Specific Mobility Routines](#)



13 | THE MOBILITY FORMULA

Ankle - Level 1		Ankle - Level 2	
PRESCRIPTION	TIME	PRESCRIPTION	TIME
<u>Posterior Calf Foam Roll</u> <u>Soft Tissue Work</u>	1 minute each leg	<u>Barefoot Loaded Deep Squat + Hold</u>	1-2 minutes
<u>Runner Calf Stretch</u>	1 minute each leg	<u>Banded Ankle Dorsiflexion Mobilization</u>	1 minute each leg
<u>Banded Ankle Dorsiflexion Mobilization</u>	1 minute each leg	<u>KOT Eccentric Calf Raises</u>	3x 12-15 reps
Hips - Level 1		Hips - Level 2	
PRESCRIPTION	TIME	PRESCRIPTION	TIME
<u>Anterior Hip/Quad Foam Roll</u>	1 minute each leg	<u>Hip 90/90 Stretch</u>	2 minutes
<u>Banded Anterior Hip Mobilization</u>	1 minute each leg	<u>Samson Stretch</u>	1 minute each leg
<u>Alternating Hip Opener</u>	10-20x reps	<u>Cossack Squat</u> (without band)	3x 6-10 reps each
Thoracic/Shoulders - Level 1		Thoracic/Shoulders - Level 2	
PRESCRIPTION	TIME	PRESCRIPTION	TIME
<u>Thoracic Spine Hug Foam Roller</u>	2 minutes	<u>Banded Quadruped T-Spine Rotation</u>	8-10x reps each side
<u>Childs Pose Foam Roll Rollout + Deep Breathing</u>	2 minute	<u>Banded Shoulder Flexion Mobilization</u>	1 minute each arm
<u>Supine Floor Slides + Deep Breathing</u>	2 minute	<u>Half Kneeling KB Windmill</u>	2x6 reps each arm



CHAPTER 3: NUTRITION

**THE PROVEN NO-MOTIVATION-REQUIRED WAY TO
ACHIEVE YOUR DREAM BODY & HAVE ENDLESS
ENERGY WHILE EATING WHATEVER YOU WANT
(WELL, CLOSE TO IT AT LEAST)**

BONUS GIFT #3, #4 & #5 – How Much Protein is Right for Me? (Worksheet), Dr. Colin's Top 7 5-Minute Recipes, Supplement Guide

Nutrition is at the cornerstone of every massive change in health and lifestyle that you've ever witness (baring someone is getting extra help from hormone replacement or fat loss supplements, which have their own unique position in the health and fitness space, but not one we are going to touch on here). Plain and simple, if you don't change the way you eat, you simply won't see the results you want for the long-term.

15 | YOUR NUTRITION SYSTEM

Let's just straight to the point. Is what you are currently doing working for you? Here is how you can tell:

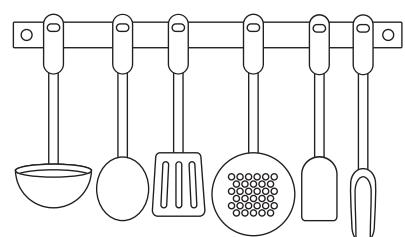
- My diet is easy to stay committed to and requires little to no effort to maintain
- I have plenty of energy throughout the day
- I feel alert, focused, and tuned in
- I eat at least 1 gram of protein per pound of lean body mass (LBM).
 - Example: I am a 172 lbs male with 11.5% bodyfat = 152 lbs of LBM, so I need to eat at least 152g protein per day
- I am currently (gaining/losing) weight in a healthy way (depending on what your goal is)
- I only wake up once per night

Are you able to honestly say all of the above? If so, good for you. Go ahead and skip this section.

If not, spend some time digesting what I am about to explain to you.

First things first, no matter what ‘eating preferences’ you are married to (keto, vegan, carnivore, low-inflammation, paleo, etc.), there are a few elements every single diet should follow for optimal health, fitness, and athletic performance. These shouldn’t be considered a “diet” but rather universal principles that help promote the healthiest, happiest, and most capable version of YOU.

Here they are..



16 | YOUR NUTRITION SYSTEM

Protein

If you aren't getting enough protein in your diet, this will diminish your recovery and lean muscle-mass gains from training.

Want to know your ideal protein number? I will help you calculate it here:

[FREE GIFT #3 for Nutrition Worksheet](#)

to see how much protein you should be consuming on a regular basis.

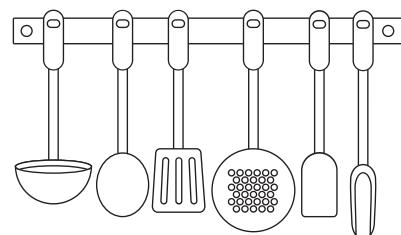
Total Daily Energy Expenditure (TDEE)

TDEE is a combination of your Basal Metabolic Rate (BMR) + your daily active energy expenditure. In other words, how much energy your body likely burns off while at rest in a neutral temperate environment based off your age, gender, height, and current body weight (BMR) + how much energy your body will likely consume from your overall activity level.

The above Nutrition Worksheet includes a calculation of your TDEE. This is such an important piece of information because, past your protein calories, it will help you understand how much energy your body will require in a day in order to meet your weight loss, weight gain, or body recomposition goals.

Fad Diets Don't Work Long Term

Your body creates energy and undergoes cellular processes with all 3 of the macro nutrients (Carbohydrates, Fats, Protein). Any diet prescribed to you that completely eliminates 1 of these categories is non-sense for long-term success.



17 | YOUR NUTRITION SYSTEM

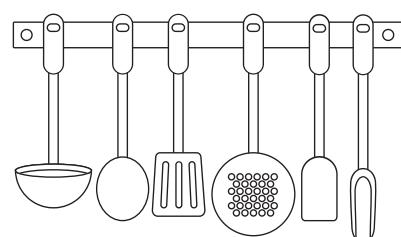
All these elimination diets are doing is cutting out one piece of the pie, leaving you (most likely) in a caloric deficit, leading to weight loss (of course). But unfortunately, if you ever re-introduce the item you eliminated, odds are you will wind up right back where you started.

What will actually produce long-term, sustainable success with your nutrition is understanding how much protein you are going to consume to achieve your goals, how many calories of protein you need to consume, then reverse-engineering the rest of your caloric intake filled with whatever else you want to eat (See FREE GIFT #3 for in-depth explanation on this).

Calories

It is safe to say that calories in vs calories out greatly dictates what type of results you are going to see from your nutrition and fitness program. If you want to lose weight: eat less calories than what you are burning each day. If you want to gain weight and muscle mass, up your protein and caloric intake over what you are burning each day. Obviously you know that there are other factors that will influence these goals, but you get the point.

Just like the rest of the universe, our bodies are constantly exchanging energy. In order to achieve optimal physical results from a functional strength and aesthetic perspective, we have to ingrain this truth into our eating system and habits. This will allow you to eat how you want to eat without fear of continuing on the yo-yo dieting train that so many have grown accustomed to.



18 | YOUR NUTRITION SYSTEM

80/20 Principle

You might be thinking, “is he saying I can eat *whatever I want* as long as I hit my protein and calorie goal each day?” In a way, yes. I am.

But not without the caveat that if you are eating like absolute sh*t outside of your protein calories, that you are going to *feel great*. This is not a get-out-of-jail free card to eat whatever the heck you want. Even though I am a huge fan of indulging in delicious, considerably “unhealthy” food every once in a while, I still recommend using the 80/20 principle when you are approaching your nutrition. 80% of the time, you are dialed-in eating clean, nutritious whole foods. And 20% of the time enjoying some “treat meals.”

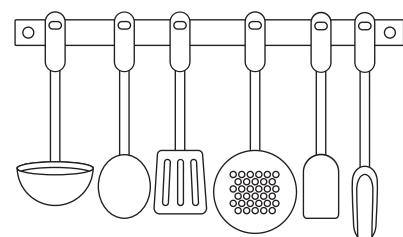
And yes, 100% of the time still hitting your protein and caloric intake goals. That is what makes this eating system so effective and fun. Because it isn’t restrictive. It allows you to enjoy all the tasty foods you enjoy to eat, while simultaneously helping you reach your health and fitness goals.

Do you now see how this could be more effective and sustainable long-term over doing a crash fad diet? 🤔

A final thought – Nutrition can be a tricky subject with all of the various diets out there, but I promise that this way is the simplest, most sustainable way to make true change with the way you eat. Hit your protein goal first, then fill the rest of your remaining “recommended” calories with what you enjoy eating.

[FREE GIFT #4: My Top 7 Protein-Packed Recipes](#)

[FREE GIFT #5: Supplement Guide](#)





CHAPTER 4: FITNESS

**THE NO BS GUIDE TO FUNCTIONAL FITNESS TO
HELP YOU LOOK GOOD, MOVE WELL, & STAY
ATHLETIC FOREVER**

BONUS GIFTS #6 & #7 – Course on Programming Workouts on Your Own, Access to 3x Free Functional Fitness Workouts (Done With Any Equipment)

Functional Fitness has taken on many forms in the fitness industry. This chapter is going to teach you the tried-and-true, no BS approach to functional fitness, and how you can program workouts of your own so that you can improve strength, move better, and never need a fitness coach ever again.

20 | NO BS FUNCTIONAL FITNESS

There are a few key principles about functional fitness that just about any solid fitness program follows in order to produce optimal results, with the first and most important being a progressive resistance training plan. Any solid strength and fitness program will fundamentally follow a progressive resistance training plan that helps you slowly increase strength over time without burn out of over-use.

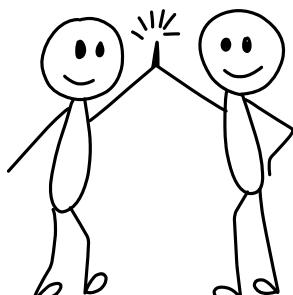
Other key principles include:

1. Proper movement preparations and warm ups to prevent injury and get you ready for a great session
2. Appropriate intensity and volume to see progress without crushing your soul
3. Enough variety to keep you engaged without getting too random
4. A system that promotes a theoretical "muscle balance"
5. A holistic program that trains each of the major energy systems

So, how do you go about breaking down this information and turning it into a lean-muscle building, mobility enhancing, athleticism improving system that works for you? Lets walk through an easy template to follow for your fitness program below:

Fitness Success Framework

**Mobility
Strength
Aerobic Capacity
Metabolic Conditioning
Power/Athleticism/Agility**



21 | NO BS FUNCTIONAL FITNESS

Whether you are a full-send fitness guru or a beginner, writing or performing a well-rounded fitness protocol should include each of the elements listed in the Fitness Success Blueprint. The first 3 elements are non-negotiable aspects of a well-rounded program. The bottom 2 categories are like the “cherry’s on top” when you are looking at boosting athleticism and performance.

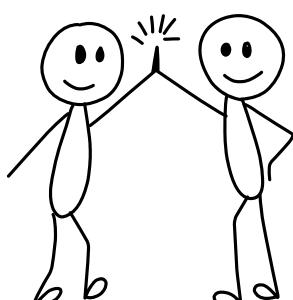
And I know this can feel a little bit intimidating when you first look at it, but relax. I promise you, once you learn the system I am about to train you in, you will never look back.

It is the easiest, most simple and replicable pattern for programming a fitness routine that I could come up with. It is the same system that I have programmed workouts for literally thousands of our Daily FLO members and over 500+ of our 1:1 FLO Training Academy clients that you can *literally* implement for the rest of your life.

With that being said, let's dive in to the nuts and bolts of **The Movement Pattern Based** programming system:

The Functional Movement Pattern System

A massive aspect of “functional strength training” is understanding exactly what goes into building out a strength workout to begin with. And instead of programming for body parts, utilizing The Functional Movement Pattern System (FMPS) helps you build customized workouts with endless possibilities in a matter of seconds.



22 | NO BS FUNCTIONAL FITNESS

Using FMPS, each workout is designed with either a full body "push" or "pull" emphasis. This allows you to target specific muscle groups and create a balanced and well-rounded routine, while getting a full body pump in a short amount of time for maximum efficiency. Let's dive into the **6 key functional movement patterns:**

- 1.Upper Push
- 2.Upper Pull
- 3.Lower Push
- 4.Lower Pull
- 5.Core
- 6.Locomotion

Here are some examples of each..

Upper Body Push Exercises:

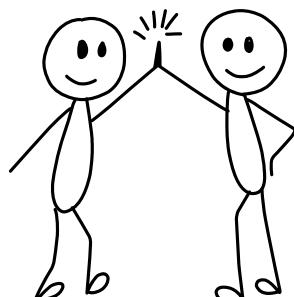
- 1.Horizontal Push: push up, bench press
- 2.Vertical or Downward Push: overhead presses, tricep dips

Upper Body Pull Exercises:

- 1.Horizontal Pull: rows, pull apart
- 2.Vertical or Downward Pull: high pulls, pull ups

Lower Body Push Exercises:

- 1.Bilateral (both legs working): squats
- 2.Unilateral (single leg working): lunges, split squats



23 | NO BS FUNCTIONAL FITNESS

Lower Body Pull Exercises:

- 1.Hip Hinge: all deadlift variations (namely, RDLs), KB swings
- 2.Hip dominate: glute bridges, hip thrusts
- 3.Knee dominate: hamstring curls

Core Exercise:

- 1.Static: planks, hollow holds
- 2.Dynamic vertical: crunches, sit ups
- 3.Dynamic rotational: pallof rotations, chops, oblique crunches, Turkish get ups

Locomotion:

- 1.Hops: bunny hops, jumping ropes, jumping jacks
- 2.Dynamic: walking, jogging, sprinting
- 3.Crawl: bear crawl, crab crawl
- 4.Fixed: biking, rowing, skii erg

Combine these exercises into a circuit-style workout, alternating between upper body and lower body movements with short rests in between. Aim for a 20-30 minute session to maximize your time and results!

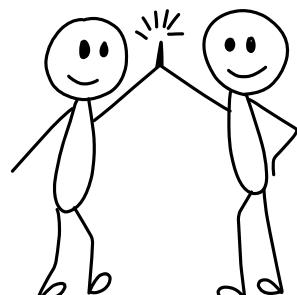
Do this 2-4x's per week to help keep you active and moving year-round!

What is a solid framework to follow for strength training? See the Free Training on Writing Your Own Workout below:

[FREE Gift #6 - Writing Your Own Workout](#)

****BONUS #1: How to Program for Your Goals**

****BONUS #2: How to Build Out Your Workout**



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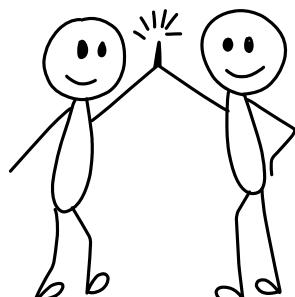
[FREE GIFT #7 - Free Functional Strength Workout Examples](#)

PUSH-FOCUSED:

- 1** [Push Workout #1: Dumbbell-Based](#)
- 2** [Push Workout #2: Kettlebell-Based](#)
- 3** [Push Workout #3: Full Gym Based](#)

PULL-FOCUSED:

- 1** [Pull Workout #1: Dumbbell Based](#)
- 2** [Pull Workout #2: Kettlebell Based](#)
- 3** [Pull Workout #3: Full Gym Based](#)





CHAPTER 5: THE FINAL SECRET

HOW TO STAY A FUNCTIONAL ATHLETE FOR LIFE

BONUS GIFTS #8 – The Biggest Mistake You Can Make
(training)

The worst mistake you could make is not implementing the information inside this book appropriately. This chapter is going to cover the final secret: how to ingrain these systems into your life to last forever. We will talk through practical steps you can start taking today to ensure you are successful.

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Let's face it: it is easy to download a free course or snag a free book, read a few things, and then toss it to the way side. Below is how you can go about implementing these systems to help you start successfully on your functional fitness journey:

Step 1

Write down which of the areas feels the easiest for you to begin (pick from Mobility, Nutrition, or Fitness).

This is going to be what you implement starting today.

Step 2

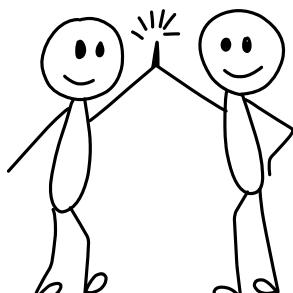
Join the **School of Fitness** group and make a post letting the entire community know who you are and what you hope to achieve with your health and fitness.

This is going to instill some accountability, while offering you a community of like-minded warriors who are there to support you in your journey.

Step 3

Implement the strategies for the Mobility, Nutrition, or Fitness system consistently for the next 4 weeks. Once you have dialed in a good routine, begin to dive into the other areas to optimize your health and well being.

[FREE GIFT #8: The Biggest Mistake You Can Make \(Training\)](#)



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CLOSING THOUGHTS

MINDSET

Your mind is the most powerful tool you have when it comes to your health and fitness. The way you approach your training defines the types of results you will see. Ask yourself, what is my current perspective towards my nutrition? My fitness? My overall health? What can you do to get better in each of these areas? I urge you - take a student's approach towards your fitness program and make it your own. Ask questions and educate yourself as you go. And don't forget to be introspective about the WHY behind what you do each and every day. Knowing the WHY is your superpower and will help you have an unshakable mentality that serves you the rest of your life.

MOVEMENT

There is no question that movement is an essential ingredient to your health and fitness. "Movement" comprises both incidental AND structured movement that you do in the course of a day. Both are essential for health, weight management, performance and vitality. Learn the necessary skills to be a movement master so that you can move well for the long haul.

NUTRITION

Food is fuel for the body and brain. Fueling cuts through the latest diet marketing hype. It's about consuming what fuels the body best to get you the results you are looking. Don't think you can "out-train a bad diet." I promise, you can't. Over time, this will catch up with you.

RECOVERY

The mind and body repair, recharge, and upgrade during rest. Recovery strategies must be employed throughout each day, week, month, and year. Ensure you are utilizing the appropriate recovery strategies so that you can optimize your performance each and every day.

CLOSING THOUGHTS

My goal for this e-Book is to help you get the most out of your life, and I hope that it has provided clarity, offered useful tools, and helped further prepare you for the demands of training. I appreciate your attention and time, and give you all of my gratitude. Happy training - go get after it today!

FREE GIFTS

CHAPTER 1-2

[FREE GIFT #1: Free 5-Minute Mobility Assessment](#)
[FREE Gift #2: 9x Free Joint Specific Mobility Routines](#)

CHAPTER 3

[FREE GIFT #3: Nutrition Assessment](#)
[FREE GIFT #4: My Top Protein-Packed Recipes](#)
[FREE GIFT #5: Supplement Guide](#)

CHAPTER 4

[FREE GIFT #6: How to Write Your Own Functional Fitness Workout](#)
[FREE GIFT #7: Free 6x Functional Strength Workouts](#)

CHAPTER 5

[FREE GIFT #8: The Biggest Mistake You Can Make \(Free Training\)](#)