

## **Functional Fitness v.1**

This program is designed to develop a good foundation of strength, increase speed, and have a sexy physique.

This was designed by thinking outside the box, while wanting to make something simple and fun. Push yourself to your own limits. The enemy is always working harder, so how are you training today? You going be a little girl? Or are you're going to freak'n get better?

Remember consistency is key when getting stronger, increasing speed, and building your sexy physique. You will never get better if you don't stick with it. The split is 3 days of bro split followed by 3 days of functional awesomeness. Enter at your own risk.

<> means a super set

AMRAP- As Many Reps As Possible. Do this on the last set.

**Day 1 Chest/ Bicep:**

Bench 7x3

Incline Bench 4x8

Plate fly's 4x8

Weighted or band pushups 5x10

Get a freak'n sick pump. Use bands for biceps to increase the blood flow.

**Day 2 Back/ Tricep:**

Deadlift 5x5 -- Explode through the top of the DL.

Weighted pullups 5x5 AMRAP

Pendley row 4x8

Reverse barbell row 4x12

Band lat extension 4x12

BB Skull crusher 4x12

Band overhead Tri extension <> Tri extension 4x12

Tri pushups 4x10 AMRAP

**Day 3 Legs/ Shoulders:**

Heavy Squat 5x5

Trapbar DL <> Farmer Carry 4x12

Weighted Lunges 4x6 <> Farmer Carry <> Weighted Lunges 4x6

Push press 5x5

Band lat raises 4x12

Plate front raises <> bent over plate side raises 4x12

**Day 4 Explosive:**

Power clean <> pullups 5x5 (get the blood pumping)

Frog leap 4x6 <> box jump 10 <> frog leap 6

1-2min rest

2 min jump rope

1-2min rest

Single leg leap 4x12ea.

1-2min rest

2 min jump rope

1-2min rest

Negative jump box jumps 40

4x¼ mile sprints (if you're feeling froggy, use weighted vest)

**Day 5 Functional:**

Front squat 4x8 (warm up)

Clean jerk 4x8

25 burpees

SB lunges 4x12ea. <> push press <> lunges

Jump rope 4x3min

**Day 6 Anerobic:**

Jump rope 3min

2-mile run

(Be honest with yourself... How are you feeling? If your feeling like you need an active recovery day take the 2 miles slow. If your feeling like you're a monster, then do 2-miles of wind sprints. That consists of ¼ sprint ¼ walk ¼ sprint.)

Jump rope 3 min

Disclaimer: I strongly urge you to consult your physician before beginning this program and any movement suggested in the program. I am not a personal trainer, medical care provider, or dietician. It is important to understand that when performing any type of physical activity suggested in this program there is the possibility of injury. I am not responsible for any injury one may occur as a result of following the

program. If you engage in activity suggested in this program, you are accepting responsible for any and all risk that may occur from these activities.