

FUNCTIONAL FITNESS WORKOUT PROGRAM

5 DAY WORKOUT

Dr Workout

DYNAMIC WARM-UP AND STRETCHING

- Push-Ups-15
- Jumping Jacks-20
- Inchworms-15
- Squats-20
- Lunges-20

DAY 1: POWER

- Clean and Press- 3 sets of 5-8 reps (30 seconds rest)
- Box Jumps- 5 sets of 10 reps (30 seconds rest)
- Medicinal Ball Throws- 4 sets of 12 reps (1 minute rest)
- Plyometric Push-Ups- 3 sets of 10 reps (30 seconds rest)
- Kettlebell Swings- 4 sets of 10 reps (1 minute rest)
- Sprint Intervals- 8 sprints- 60-80 meters (1 minute rest)

DAY 2: SPEED AND AGILITY

- Shuttle Runs- set up cones or markers 10, 20, and 30 meters apart. Sprint from the starting point to the first cone and back. Repeat for 8 sets, and Cool down with a light jog and dynamic stretches.
- Lateral Hops- Repeat for 10-20 repetitions, focusing on speed and control.
- Cone Drills: Set up cones in various patterns and perform agility drills around them. Exercises like cone hops and T-drills enhance agility, quickness, and change of direction abilities.
- Plyometric Exercises: Plyometric exercises such as box jumps, depth jumps, and bounding help develop explosive power and reactive strength.

DAY 3: OFF

DAY 4: STRENGTH

- Squats- 3 sets of 8-10 reps (1-2 minutes rest)
- Deadlift- 3 sets of 5-8 reps (1-2 minutes rest)
- Step-Ups- 4 sets of 10-12 reps (30 seconds rest)
- Dumbbell Lunges- 4 sets of 10-12 reps (1-minute rest)
- Barbell Rows- 3 sets of 10 reps (1-2 minutes rest)
- Bench Press- 3 sets of 12-15 reps (1-2 minutes rest)
- Shoulder Press- 3 sets of 8-10 (1-2 minutes rest)

DAY 5: FULL BODY CONDITIONING

- Burpees- 3 sets of 10-15 reps (1-minute rest)
- Kettlebell Swings- 4 sets of 12-15 reps (1- minute rest)
- Medicine Ball Slams- 3 sets of 10 reps (30 seconds rest)
- Battle Ropes- 4 sets of 30 seconds (1-minute rest)
- Sled Pushes/Pulls- 3 sets of 30 meters (1-minute rest)
- Jumping Lunges- 3 sets of 12 reps (30 seconds rest)
- Push-Ups- 4 sets of 10 reps

DAY 6: HYPERTROPHY AND MUSCULAR ENDURANCE

HYPERTROPHY EXERCISES

- Barbell Squats- 3 sets of 10-12 reps (1-minute rest)
- Barbell Standing Shoulder press- 3 sets of 10 reps (1-minute rest)
- Dumbbell Lunges- 3 sets of 10-12 reps (30 seconds rest)
- Incline Dumbbell Chest Press- 4 sets of 10-12 reps (1-minute reps)
- Barbell Wide Grip Biceps Curls- 3 sets of 10-12 reps (1 minute rest)
- Triceps Skull Crushers- 3 sets of 10-12 reps (1 minute rest)

MUSCULAR ENDURANCE EXERCISES

- Pull-Ups- 3 sets of 10 reps(30 seconds rest)
- Bodyweight Squats- 4 sets of 10 reps (30 seconds rest)
- Jumping jacks- 5 sets of 20 reps(1 minute rest)
- Mountain Climbers- 4 sets of 15 reps(30 seconds rest)
- Plank- 3 sets of 1 minute(1-minute rest)

DAY 7: OFF