

TEMPLATE 5: FUNCTIONAL FITNESS PROGRAM *by*



- CLIENT CATEGORY: GENERAL FITNESS
- KEY WORKOUT TYPES: MOBILITY, FUNCTIONAL STRENGTH, STABILITY TRAINING
- TEMPLATE STRUCTURE:
 - DAY 1: UPPER BODY FUNCTIONAL STRENGTH (30–40 MINUTES)
 - EXERCISES: PUSH-UPS ON STABILITY BALL (3x12), TRX ROWS (4x10), DUMBBELL SHOULDER PRESS (3x12)
 - DAY 2: LOWER BODY MOBILITY (30–40 MINUTES)
 - EXERCISES: STEP-UPS (3x15 PER LEG), LUNGES WITH RESISTANCE BANDS (3x12), BALANCE LEG HOLDS (3x10 SEC PER LEG)
 - DAY 3: CORE STABILITY (30 MINUTES)
 - EXERCISES: STABILITY BALL ROLLOUTS (3x12), RUSSIAN TWISTS (4x10 PER SIDE), PLANK VARIATIONS (3x30 SEC HOLDS)
- WARM-UP/COOL-DOWN: DYNAMIC STRETCHING FOR WARM-UP; DEEP STRETCHING AND CORE WORK FOR COOL-DOWN.

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