

NAME: _____

3-Day Functional Strength Training Example

Day 1	Week 1	Week 2 (increase weight)	Week 3	Week 4 (increase weight)
Light Cardio x 5 minutes	RPE x 8, Arm Swings x 10,	Hamstring Scoops x 10, Jumping Jacks x 10		
Cardio Choice	8 min x RPE 10	8min x RPE 10-12	10 min x RPE 10	10 min x RPE 10-12
Squat Variation	2x8	2x8	3x8	3x8
Pulsing Ankle Stretch	2x10ea.	2x10ea.	3x10ea.	3x10ea.
Pull Down Variation	2x8ea.	2x8ea.	3x8ea.	3x8ea.
Lunge Variation	2x6ea.	2x6ea.	3x8ea.	3x8ea.
Push Up (inc. as needed)	2x8	2x8	3x8	3x8
Hip Hinge Variation	2x10	2x10	3x10	3x10
Carry Variation	2x10 yds	2x10 yds	3x15 yds	3x15yds
Lateral Flexion	2x8ea.	2x8ea.	3x8ea.	3x8ea.
Static Stretching x 5 minutes (see list below)				
Day 2	Week 1	Week 2 (increase weight)	Week 3	Week 4 (increase weight)
Light Cardio x 5 minutes	RPE x 8, Arm Circles x 10,	Ankle Grabs x 10, Body Weight Squats x 10		
Cardio Choice	8 min x RPE 10	8min x RPE 10-12	10 min x RPE 10	10 min x RPE 10-12
Hip Hinge/RDL Variation	2x10	2x10	3x10	3x10
Hamstring Stretch	2x10ea.	2x10ea.	3x10ea.	3x10ea.
Shoulder Press or Front Raise	2x8	2x8	3x8	3x8
Pull Apart or T-Raise	2x8	2x8	3x10	3x10
Horizontal Row	2x8ea.	2x8ea.	3x8ea.	3x8ea.
Knee Flexion	2x8ea.	2x8ea.	3x8ea.	3x8ea.
Front Plank	2x10s ea.	2x10s ea.	2x15s ea.	2x15s ea.
Bird Dog	2x10ea.	2x10ea.	2x12ea.	2x12ea.
Static Stretching x 5 minutes (see list below)				
Day 3	Week 1	Week 2 (increase weight)	Week 3	Week 4 (increase weight)
Light Cardio x 5 minutes	RPE x 8, Arm Swings x 10,	Monster Crawl x 10, Lunge Variation x 10		
Cardio Choice	8 min x RPE 10	8min x RPE 10-12	10 min x RPE 10	10 min x RPE 10-12
KB/DB Deadlift	2x10	2x10	3x12	3x12
Adductor Mobility	2x10ea.	2x10ea.	3x10ea.	3x10ea.
Inline DB Bench Press	2x10	2x10	3x10	3x10
Lateral Squat	2x8ea.	2x8ea.	3x10ea.	3x10ea.
Hip Extension Variation	2x10	2x10	3x12	3x12
SA Horizontal Row	2x10	2x10	3x12	3x12
MB Chop Variation	2x10 yds	2x10 yds	3x15 yds	3x15 yds
Side Plank	2x20-30s	2x20-30s	3x20-30s	3x25-30s
Static Stretching x 5 minutes (see list below)				

***Search YouTube as listed below for exercise examples! Stay Tuned for the FRST Center YouTube Exercise Bank!**

Cardio: Bike, Rower Machine, Skier, Stair Climber, Walking, Jogging, Treadmill

Squat Variations: Goblet Squat, Front Squat, Back Squat

Pull Down: Lat Pull Down, Pull Up, Banded Pull Down, Cable Pull Downs

Hip Hinge/RDL: DB RDL, BB RDL, Single Leg RDL, Stagger Stance RDL, Good Morning

Horizontal Row: DB Rows, Single Arm Row, TRX Rows, Bent-Over BB Row

Lunge Variation: Split Squat, Backward Lunge, Forward Lunge, Walking Lunge

Hip Extension: Hip Bridge, Bird Dog, Single Leg Hip Bridge

Knee Flexion: Stability Ball Hamstring Curl, Machine Leg Curl, TRX Hamstring Curl

MB Chop Variation: Vertical, Horizontal, Diagonal

Lateral Flexion: DB Side Bend, Penguin, Side Plank Hip Dip, Over-Head Side Bend

Carry Variation: Farmer Carry, Suitcase Carry, Over-Head DB Carry, Over-Head Single DB Carry

Static Stretching: Calves, Hamstrings, Quads, Glutes, Hip Flexor, Pectorals, Lats, Lumbar

Rating	Perceived Exertion
6	No exertion
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Key	
DB	Dumbbell
KB	Kettlebell
SA	Single Arm
OH	Over Head
RDL	Romanian Deadlift
MB	Medicine Ball
ea.	Each side
Yds	Yards
s	Seconds
RPE	Rate of Perceived Exertion
inc.	Incline