

## The Full Body Functional

Don't be afraid to modify this workout to suit your desire for post-workout soreness and sweat! Perform these exercises as a circuit. Keep on moving, don't stop! If you have to break for water, do so in between sets, not exercises!

WARM-UP	Sets	Reps	Rest/Notes
<b>Self myofascial release</b>			
Calves	1	30s	
IT-Band	1	30s	
Lats	1	30s	
<b>Dynamic stretching</b>			
Lunge with Rotation	2	10	
Ball Combo I	2	10	
Push-up with Rotation	2	10	

CORE, BALANCE, SAQ, and PLYOMETRIC	Sets	Reps	Tempo	Rest
Mountain Climber	2	15	Controlled	0
Sagittal BOSU Jump-ups (forward and back)	2	15	Controlled	0

RESISTANCE	Sets	Reps	Tempo	Rest	
Total Body	Squat → Curl → Overhead Press	3	20	Controlled	0
Chest	Stability Ball Push-up	3	12	Controlled	0
Back	Lat Pull-down	3	12	Controlled	0
Shoulders	Dumbbell Lateral Raise	3	12	Controlled	0
Biceps					
Triceps					
Legs	Single Leg Deadlift	3	12	Controlled	0

COOL DOWN
Treadmill 10min Self-myofascial Release (same as warm-up) Static Stretch

For more workouts or information visit: <http://fitness-for-everyone.com>

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