

Functional Fitness Workout

Training Focus

FUNCTIONAL FITNESS

WARMUP

Exercise	Set	Time	Notes
Walking or jogging	1	5:00	
Arm Circles - front & back	1	30 seconds	
Leg Swings - front & back	1	30 seconds	
Jumping Jacks	1	30 seconds	

WORKOUT

Exercise	Set	Rep	Notes
Squats	2 to 3	10	
Side Lunges	2 to 3	10	
Push-Ups	2 to 3	10	
Planks	2 to 3	30 seconds	
Glute Bridges	2 to 3	10	

COOLDOWN

Walk for 5 minutes
Stretch

GOALS
