

FUNCTIONAL WARRIOR WORKOUTS



SURVIVOR
PREPARE YOUR BODY FOR ANY SCENARIO

WEEK 1

FUNCTIONAL BUILDING

3 days Functional Hypertrophy

Mobility

Survivor Circuit (15 minutes)

Strength day

Challenge and skill test

DAY 1 – PUSH

SUPERSET

Single arm dumbbell press 3x 10 + forced reps and drop set (Choose a challenging weight and make sure you get 10 reps using the other hand to spot yourself if needed. On the last set add a drop set of 6-8 reps)

Mobility – Inchworm – Forward/backward 4 reps each set

SUPERSET

Incline Dumbbell press - Alternating 3x 10

Mobility - Cossack 6 total reps each set

SUPERSET

Weighted Dips 3x 10

Mobility – Matador with hip thrust 6 reps each set

SURVIVOR CIRCUIT

3 to 4 rounds

Landmine power press 10

Band Floor punch 10 e/s (each side)

Sandbag over the shoulder throw 10

Skater drill 16 reps

Get up - quarter up 1 min

**YOU CAN DOWNLOAD THE REST OF
THIS WORKOUT PROGRAM HERE.**

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