



FUNCTIONAL WARRIOR WORKOUTS



6 WEEK

4 DAY SPLIT ROUTINE



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PHASE 1

FUNCTIONAL BODYBUILDING

2 WEEKS

4 DAY SPLIT ROUTINE

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WELCOME!

FUNCTIONAL WARRIOR WORKOUTS

During the 6 week you will complete 24 workouts, 4 workouts each week. How you separate these workouts is your choice but we recommend 2 days on, 1 day off, 2 days on, 2 days off.

e.g. Workout Mon/Tue,
 Off Wed
 Workout Thu/Fri
 Off Sat/Sun

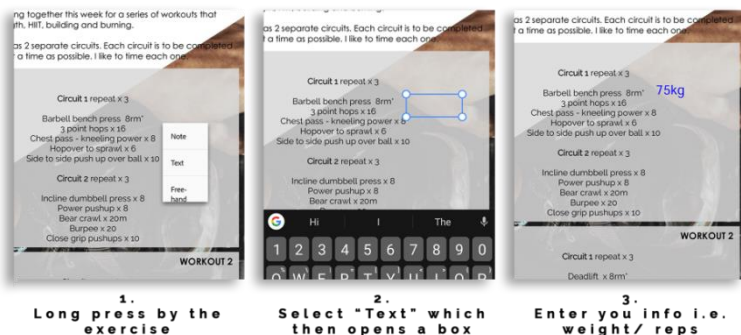
We also recommend that you be active on your rest days i.e. walking. This will help with your recovery.

Depending on how well equipped/busy your gym is you might need to make some small changes to your routines so have a look at the workout before you start and if possible gather what you need and designate an area for yourself. In all the workouts the tougher exercises are first so try and keep them in order.

We have provided a list of alternatives for some of the more specialist equipment like ropes, slam balls, sleds etc on the last page of the document. Worst case scenario, use your imagination and try and substitute one exercise for a similar movement. Push for push, pull for pull, cardio for cardio, explosive for explosive etc.

Be realistic with your goals. Don't expect miracles. For some of you the next 6 weeks are just a continuation of your regular training while for others it might be the hardest thing you have ever done. The important thing is to commit long-term to fitness and a healthy lifestyle.

We recommend using the note or text feature on Acrobat to record your weights for future reference.



WEIGHT SELECTION & TEMPO

When a rep range is specified i.e. 10 reps, the weights chosen should make it difficult to achieve that number of repetitions. Weights might need to move up or down within the designated number of sets if the weight is too heavy or too light.

Technique should not be sacrificed for weight. This becomes more relevant the heavier the load becomes.

TEMPO BREAKDOWN

The first number always corresponds to the time under tension whilst the muscle lengthens or the eccentric phase of the lift. Think of this as resisting the force of gravity passively.

The second and 4th numbers refer to the pause at the beginning or end of the movement.

The third number the concentric portion as the muscle shortens. This is when you actively resist the force of gravity.

e.g. 3120

the 1st number always refers to the lowering or stretching phase – in this case 3 seconds

the 2nd number always refers to the pause at the maximum tension phase - 1 second

the 3rd number always refers to the effort in contraction – 2 seconds

the 4th number refers to the rest between movements at the easiest phase – 0 seconds

A squat with a 2021 tempo would be as follows

2 seconds down

No pause

2 seconds up

1 second pause at the top

A chin up or pulldown (this is where it gets a little more confusing as you are starting further into the tempo) with a 2021 tempo would be as follows

2 seconds up

No pause

WARM UP

The aim of our warm up procedure is the following

1. **Prepare you for the upcoming session**
2. **Maintain optimum flexibility**
3. **Prevent injury**

Remember, we are here to work out, Far too many people spend too long preparing for the session that when the times comes almost nothing gets done.

FOAM ROLLING

Take around 5 minutes to roll your muscles at the beginning of your work out and a further 5 minutes using dynamic mobility movements.

STRETCHING

There was a time when static stretching was almost a swear word. Nowadays it has rightfully found it's way back into people pre-training routine.

useful if you already have existing muscle tightness issues or are stiff in areas from preceding workouts.

30 seconds max per stretch with no discomfort or pain.

DYNAMIC WARM UP

The first real work of the workout. If working upper body only then you can stick to the upper body movements.

Having said that it doesn't hurt to do the whole routine as it should only take 5 minutes

FULLL BODY WARM UP PROCEDURE

WARM UP VIDEO

STAGE 1 – FOAM ROLLING

SMR techniques

STAGE 2 – MOBILITY

Wall slides
Thoracic mobility - peanut
Leg swings
Knee lifts
Ankle mobility swing
Ankle cradle
Ankle grab with forward reach

STAGE 3 – STRETCHING

Lat stretch
Pecs stretch
Hip Flexor stretch
Hamstring stretch

STAGE 4 – DYNAMIC WARM UP

Arm swings
Worlds' greatest stretch
Butt Kicks
Big band walks
Carioca
Bands walks

Click the exercise to watch a technique video

FUNCTIONAL WARRIOR WORKOUTS

WEEK 1

Click the exercise to watch a technique video

Workout 1- Upper body

| EXERCISE | SETS & REPS | TEMPO | WEIGHT / RESULTS |
|---|----------------------------------|--------------|------------------|
| Speed chest press - ball Ball = 10% of bench press 1rm | 3 x 10-15 or until speed is lost | X | |
| Alternating Dumbbell press When 10 are complete, rep as many doubles as possible each set. | 3 x 10 | 2010 | |
| Superset Decline bench press Cable power chop* | 3 x 10 3 x 8 | 2010 X | |
| Superset Incline dumbbell press Ab wheel* | 3 x 10 3 x 8 | 2010 3010 | |
| Barbell complex Perform with light(ish) weight and at a fast pace. This is cardio with weights. Try not to put the bar down until you have to. Power barbell upright row Overhead barbell press Bent over row - pronated Close grip barbell pushup | 3 rounds of 10 reps each | 1010 | |

Rest for 1m to 1 minute 30 seconds for most solo exercises. For supersets rest no more than 30 seconds

*See alternatives on last page



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

DOWNLOAD

