

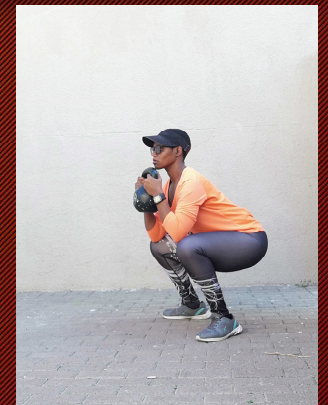


FUNCTIONAL TRAINING PROGRAM

Advanced

Strength and Endurance

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WELCOME & MINDSET

EACH DAY YOU HAVE TO MAKE A DECISION.

WILL YOU GIVE UP OR WILL YOU GIVE IT
YOUR ALL.

BECOMING STRONG DOESN'T START IN THE
GYM, IT STARTS IN YOUR HEAD.

IT HAS TO BE YOU!

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INTRODUCTION

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This is a four week advanced functional training program.

This trainer is designed to improve your strength and endurance.

This trainer is broken down into morning and afternoon sessions.

Morning sessions are predominately cardio endurance based

Afternoon sessions are predominately strength sessions.

You can do both sessions in a single session, but if you can, split the two sessions to allow for ample recovery.

INTRODUCTION

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For this trainer you will need:

1. Gym access
2. The road

Please do a proper warm up and activation before each session.

Consult a doctor or physician if you are unsure about anything pertaining your health and overall wellness.

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INTRODUCTION

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7 DAYS A WEEK PROGRAMMING

DAY 1 - ENDURANCE & LOWER BODY STRENGTH

DAY 2 - ENDURANCE & UPPER BODY STRENGTH

DAY 3 - RECOVERY CARDIO & ABS

DAY 4 - FULL BODY FUNCTION

DAY 5 - REST DAY

DAY 6 - ENDURANCE

DAY 7 - REST DAY

INTRODUCTION

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Strength and endurance abilities are relative to each individual.

So within this trainer, lift as heavy as you can and run as fast as you can.

Continue to push yourself to the next level.

Progressively increase your weights.

Progressively increase your pace.

WEEK 1

DAY 1

Morning session - Endurance

5 Kilometre road run

Afternoon session - Lower body strength

Barbell back squats - 8 reps 4 sets

Dumbbell lateral lunges - 8 each leg
4 sets

Barbell Stiff leg deadlifts - 8 reps 4 sets

Weighted frog pumps - 8 reps 4 sets

WEEK 1

DAY 2

Morning session

5 Kilometre road run

Afternoon session - Upper body strength

Arnold presses - 8 reps 4 sets

Hammer curls - 8 reps 4 sets

Bench press - 8 reps 4 sets

Overhead triceps extension - 8 reps
4 sets

WEEK 1

DAY 3

Morning session - Endurance

30 Minutes treadmill easy
walk

Afternoon session - ABS

Sit ups - 20 reps 3 sets

30 second plank hold - 3 sets

Russian twists - 20 total 3 sets

Plank up downs - 10 total 3 sets

WEEK 1

DAY 4

Morning session - Full body

5 minutes treadmill run (medium to high intensity)

50 Dumbbell squat press

4 minutes treadmill run (medium to high intensity)

40 Kettlebell swings

3 minutes treadmill run (medium to high intensity)

Morning session - Full body

30 Dumbbell lateral to from raises

2 minutes treadmill run (medium to high intensity)

20 Dumbbell half burpee

2 minutes treadmill run (medium to high intensity)

10 heavy barbell deadlifts

WEEK 1

DAY 4

Afternoon session - Full body

Burpee box jumps (Use ankle weight) - 15 reps 3 sets

Man makers - 5 reps 3 sets

Curtsy lunge with dumbbell curls - 8 total 3 sets

In and out squat jumps - 20 reps 3 sets

WEEK 1

DAY 5

REST DAY



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WEEK 1

DAY 6

One endurance session

5 - 10 Kilometre run

WEEK 1

DAY 7

REST DAY



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WEEK 2

DAY 1

Morning session - Endurance

5 Kilometre road run

Afternoon session - Lower body strength

Barbell front squats - 8 reps 4 sets

Dumbbell lateral lunges - 8 each leg
4 sets

Barbell good mornings - 12 reps 4
sets

Weighted hip thrust - 12 reps 4 sets

Weighted calve raises - 12 reps 4
sets

WEEK 2

DAY 2

Morning session

5 Kilometre road run

Afternoon session - Upper body strength

Strict push presses - 8 reps 4 sets

Bicep curls - 8 reps 4 sets

Bench press - 8 reps 4 sets

Overhead triceps extension - 12 reps
4 sets

WEEK 2

DAY 3

Morning session - Endurance

30 Minutes treadmill easy
walk

Afternoon session - ABS

Sit ups - 20 reps 3 sets

Mountain climbers - 20 total 3 sets

Plank toe touches - 20 total 3 sets

Plank up downs - 10 total 3 sets

WEEK 2

DAY 4

Morning session - Full body

5 minutes treadmill run (medium to high intensity)

50 Dumbbell squat press

4 minutes treadmill run (medium to high intensity)

40 Kettlebell swings

3 minutes treadmill run (medium to high intensity)

Morning session - Full body

30 Dumbbell lateral to from raises

2 minutes treadmill run (medium to high intensity)

20 Dumbbell half burpee

2 minutes treadmill run (medium to high intensity)

10 heavy barbell deadlifts

WEEK 2

DAY 4

Afternoon session - Full body

Burpee box jumps (Use ankle weight) - 15 reps 3 sets

Man makers - 10 reps 3 sets

Dumbbell thruster - 12 reps 3 sets

Push ups - 10 reps 3 sets

WEEK 2

DAY 5

REST DAY



WEEK 2

DAY 6

One endurance session

5 - 10 Kilometre run

WEEK 2

DAY 7

REST DAY



WEEK 3 - 4 BRACE YOURSELF

AS WE GO INTO WEEK 3 - 4 FOCUS ON :

1. INCREASING YOUR INTENSITY
2. INCREASING YOUR PACE
3. INCREASING YOUR WEIGHTS

WEEK 3

DAY 1

Morning session - Endurance

5 Kilometre road run

Afternoon session - Lower body strength

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Curtsy lunge with dumbbell curls - 12 total 3 sets

In and out squat jumps - 20 reps 3 sets

WEEK 3

DAY 5

REST DAY



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WEEK 3

DAY 6

One endurance session

7 - 15 Kilometre run

WEEK 3

DAY 7

REST DAY



WEEK 4

DAY 1

Morning session - Endurance

5 Kilometre road run

Afternoon session - Lower body strength

Barbell front squats - 12 reps 4 sets

Dumbbell lateral lunges - 12 each leg 4 sets

Barbell good mornings - 12 reps 4 sets

Weighted hip thrust - 12 reps 4 sets

Weighted calve raises - 12 reps 4 sets

WEEK 4

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Morning session

5 Kilometre road run

Afternoon session - Upper body strength

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Bicep curls - 12 reps 4 sets

Bench press - 12 reps 4 sets

Overhead triceps extension - 12 reps
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WEEK 4

DAY 4

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Man makers - 10 reps 3 sets

Dumbbell thruster - 12 reps 3 sets

Push ups - 10 reps 3 sets

WEEK 4

DAY 5

REST DAY



WEEK 4

DAY 6

One endurance session

7 - 15 Kilometre run

WEEK 4

DAY 7

REST DAY



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CONGRATULATIONS & MINDSET

THERE MAY HAVE BEEN MISSED DAYS AND MISERABLE WEEKS, BUT LOOK AT YOU NOW, YOU MADE IT!

TAKE A MOMENT AND APPRECIATE THE PHYSICAL, MENTAL AND EMOTIONAL CHANGES YOU HAVE MADE OVER THESE PAST 4 WEEKS.

BE PROUD OF YOURSELF AND MOVE FORWARD WITH CONFIDENCE THROUGHOUT ALL OF LIFES UPS AND DOWNS.

PLEASE CHECK OUT MY WEBSITE, [ENERGY FITNESS BY MASOMZA](#), FOR MORE AMAZING CONTENT.

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