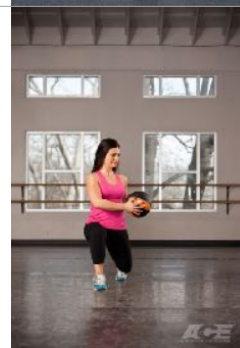
FUNCTIONAL EXERCISE MASTER LIST

FUNCTIONAL EXERCISE LIST	Links to how to do exercises	Pictures	FitTec 5 Star Rating System	Comments
Find out what level you are by doing a functional ability self screen - You should be able to pass all the tests before attempting any advanced exercises (see screen)	Levels **GREEN HIGHLIGHT**- BEGINNER **ORANGE HIGHLIGHT** INTERMEDIATE **RED HIGHLIGHT**- ADVANCED	All these exercises are designed to help build function and to add novelty to a traditional fitness program and some like that battle ropes, endless ropes, and wall balls can be a form of HITT. **They all do carry a degree of risk**. Before doing any of them ask your trainer where the risk may be and if you are fit enough to add the exercise to your program. Also read over how to do them properly. It would be a very good idea to do the Functional Training Test Screen to determine if you are functionally fit if you do not have access to a trainer.	**5 Stars-Excellent** **4 Stars-Good** **3 Stars-Above Average** **2 Stars-Average, no real benefit** **1 Star-Do not do**	
Slam, Medicine, and Wall Ball Training	**What is the difference?** A Medicine Ball is designed to be thrown, catched, as well as bounced off the floor. A Slam Ball is designed to be thrown hard on the floor with no bounce. A Wall Ball is designed to be thrown against a wall.			
Medicine Ball General Workout	https://www.acefitness.org/education-and-resources/professional/expert-articles/6165/total-body-medicine-ball-workout	This link descirbes a general Med. Ball workout.	★★★★★	
Slam Ball Exercises and Overview	https://www.acefitness.org/education-and-resources/lifestyle/blog/3801/heavy-slam-ball-workout	This is good article on Slam Ball Training. Slam Ball Training should only be used by those who have an advanced level of functional fitness with no buttwink when squatting (what is a buttwink-see tests). Since most the time you will be required squat deeply to pick up the ball. An alternative to most slam ball exercises if you do buttwink is using the ball on a raised surface so that you do not have to go all the way to the ground.		

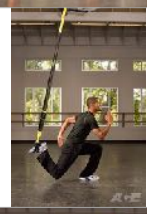
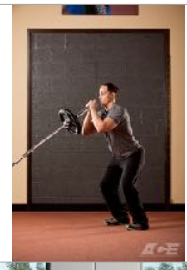
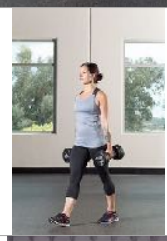
Slam Ball Exercises <u>Overview</u>	https://www.acefitness.org/education-and-resources/lifestyle/blog/3533/4-full-body-medicine		★★★★★	
Slam Ball Overhead Slams	https://www.acefitness.org/education-and-resources/lifestyle/		★★★ • •	
Slam Ball Reverse Slams	https://www.acefitness.org/education-and-resources/lifestyle/		★★ • • •	
Medicine Ball Squat	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Medicine Standing Trunk Rotation	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/106/standing-		★★★ • •	**Go light and DO NOT TWIST TOO MUCH**
Medicine Ball HayBailer	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Medicine Ball Wood Chop	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Medicine Ball Kneeling HayBailer	https://www.google.com/url?client=internal-element-cse&cx=002443720644516542879:b1ngobnwydy&q=https://		★★★★★	
Medicine Ball Walking Lunge with Twist	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/139/walking-lunges-with-twists/		★★★★★	

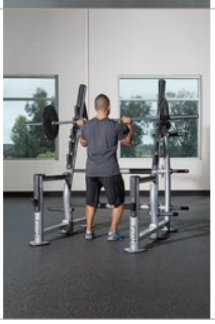
Medicine Ball Chest Pass	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★ • •	**Make sure Partner is ready**
Medicine Ball Lunge Overhead Press	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Medicine Rotational Slam with Rebound Catch	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★ • • •	**Go light and DO NOT TWIST TOO MUCH**
Medicine Seated Trunk Rotation- make sure spine is not flexed	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★ • • •	**Go light and DO NOT TWIST TOO MUCH**
Medicine Ball Power Pushdown	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Medicine Ball Single Arm Push Ups	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Medicine Ball Push Ups	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Top 4 Wall Ball Exercises	https://www.youtube.com/watch?v=btlupbyeTzc		★★★★★	Wall Ball toss, chest press, side toss, under hand toss are my top Wall Ball Exercises.
Wall Ball Target	https://www.youtube.com/watch?v=3M16i6oGFkU		★★★★★	
Battle Rope Training		Great Muscular and Cardio exercise that is a form of HIIT. Easy to learn and implement.		

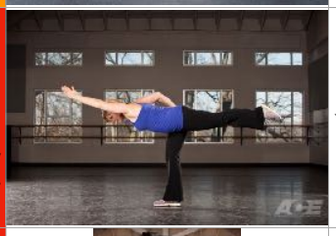
BATTLE ROPES- Understanding Battle Ropes	https://www.vice.com/en_us/article/bjyvx4/most-people-in-the-gym-	Before you start Battle Rope Training Please read this article.		
BATTLE ROPES- asynchronous	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
BATTLE ROPES- lunge	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
BATTLE ROPES- lateral wave	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
BATTLE ROPES- double rotation waves	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
BATTLE ROPES- simultaneous waves	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
BATTLE ROPES- Advanced Program Video	https://www.acefitness.org/education-and-resources/professional/	This Battle Rope Training Exercise List is for Advanced Level Trainees.	★★★• •	**Go Easy with some of these**
Kettlebell (Dumbbell can be used)		Kettlebells offers different type of resistance.		
Kettlebell Bottoms up Press	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Kettlebell Push Jerk	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★•	
Kettlebell Half Turkish Get up	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★• •	**A lot can go wrong. Only do if Advanced**
Kettlebell Turkish Get Up	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★• •	**A lot can go wrong. Only do if Advanced**

	388/turkish-get-up			
Kettlebell Clean and Press	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	**A lot can go wrong. Only do if Advanced**
Kettlebell Double Press	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Kettlebell Figure Eight	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Kettlebell Halo	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/394/halo		★★★★★	
Kettlebell Windmill	[redacted]		★ • • • •	**A lot can go wrong. Do not do.**
Kettlebell Windmill High	[redacted]		★ • • • •	**A lot can go wrong. Do not do.**
Kettlebell Push Jerk	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/385/push-jerk		★★★★★	
Kettlebell Farmers carry	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Kettlebell Waiter's carry	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Kettlebell Swing	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Kettlebell Swing Single arm	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
Kettlebell Single arm overhead press	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	

	exercise-library/			
TRX				
TRX ® Lunge with Arm Raise	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
TRX ® Assisted Side Lunge with Arm Raise	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
TRX ® Atomic Push-up	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★•	
TRX ® Back Row	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
TRX ® Chest Press	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
TRX ® Front Rollout	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
TRX ® Hamstrings Curl	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
TRX ® Hip Press	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★★	
TRX ® Overhead Triceps Extension	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★•	
TRX ® Side-straddle Golf Swings	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★•	
TRX ® Single-arm Chest Press	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★•	
TRX ® Single-arm Row	https://www.acefitness.org/education-and-resources/lifestyle/		★★★★•	

TRX ® Suspended Knee Tucks	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
TRX ® Suspended Lunge	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★• •	
TRX ® Suspended Pike	https://www.acefitness.org/education-and-resources/lifestyle/		★★★• •	
TRX ® Suspended Push-up	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Barbell/Bar				
Barbell Jammers	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/236/barbell-		★★★★★	
Deadlift	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/6/		★★★★★	
Squats	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/11/back-squat/		★★★★★	
Dumbbell Farmers Carry	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Front Squats with Dumbbells	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	

Front Squats to Overhead Press with Dumbbells is better than Barbell	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/315/front-squat-to-overhead-press		★★★★★	
Push Jerk with Dumbbells is better than Barbell	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/313/push-jerk/		★★★★•	
Push Press	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/24/push-press/		★★★★•	
BodyWeight/Agility				
Burpees with Bosu Disk	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★•	
Forward Linera Jumps	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★•••	**A lot can go wrong. Only do if advanced.**
Bear Crawls	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★•••	**A lot can go wrong. Only do if advanced.**
Forward Linear Ladder	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	

Agility Ladder	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Heaxagon Drill	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★•	
Hi Low SeeSaw	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★••	
Inverted Flyer	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Lunge with Elbow Instep	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★•	
Step Ups	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Single Leg Push Offs	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Lateral Over Unders	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Alternate Leg Push Offs	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Box Jumps	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/			

Lunge with Overhead Press	www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Uppercut	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★ •	
Functional Trainer or Cable or Bands				
Kneeling Haybailer with DB. KB, Bands or Cable	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Kneeling Wood Chop with Bands or Cable	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Lateral Lunge Wood Chop with Bands or Cable	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Pull to Press with Bands or Cable	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	
Lunge with Single Row Bands or Cable	https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/		★★★★★	