



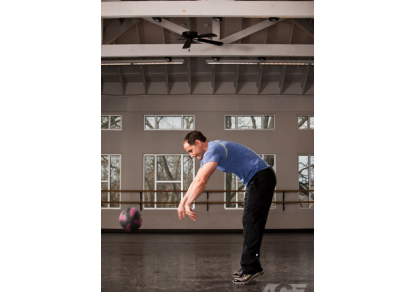














Functional Training Exercises builds function to your daily life. They also can stimulate metabolism by burning calories and it can rev your heart rate and therefore is considered a form of HIIT. See list of some of the common ones below with links. Please test yourself first to see what you can and can not do. [Levels-Determine Levels through Tests](#)

<p>Basic Functional Exercises 2-3 x a week: 1-3 sets</p>	<p>Levels-Determine Levels through Tests GREEN HIGHLIGHT-BEGINNER ORANGE HIGHLIGHT INTERMEDIATE RED HIGHLIGHT-ADVANCED</p>	
<p>BATTLE ROPES- asynchronous</p>		<p>http://www</p>
<p>BATTLE ROPES- simultaneous waves</p>		<p>http://www</p>
<p>Wall Ball Target</p>		<p>http://www</p>
<p>Medicine Ball HayBailer</p>		<p>http://www</p>
<p>Slam Ball Overhead Slams</p>		<p>http://www</p>
<p>Medicine Ball Wood Chop</p>		<p>http://www</p>
<p>Medicine Ball Push Ups</p>		<p>http://www</p>
<p>Kettlebell Bottoms up Press</p>		<p>http://www</p>
<p>Kettlebell Farmers carry</p>		<p>http://www</p>
<p>Kettlebell Waiter's carry</p>		<p>http://www</p>
<p>Kettlebell Swing</p>		<p>http://www</p>
<p>TRX ® Back Row</p>		<p>http://www</p>
<p>TRX ® Chest Press</p>		<p>http://www</p>
<p>Barbell Jammers</p>		<p>http://www</p>
<p>Inverted Flyer</p>		<p>http://www</p>
<p>Step Ups</p>		<p>http://www</p>
<p>Pull to Press with Bands or Cable</p>		<p>http://www</p>