

A black and white photograph of a man in a gym, performing a deadlift. He is lifting a barbell with weights. The image is framed by a thick yellow border. The text is overlaid on the image.

**FUNCTIONAL
WARRIOR
WORKOUTS**

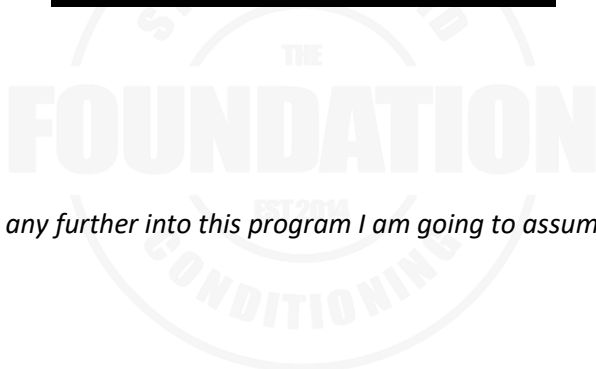
ULTIMATE STRENGTH

**4 WEEK
STRENGTH
TRAINING
WORKOUT**

FUNCTIONAL WARRIOR WORKOUTS

ULTIMATE

STRENGTH



Before going any further into this program I am going to assume the following.

- That you are healthy enough to take part in strenuous exercise. If you have any concerns about this then consult your local doctor
- That you have a basic understanding of exercise including how to use cardio equipment, barbells and dumbbells
- That you are committed to 4 weeks of hard work and determined effort
- That you understand that you get out of the routine what you put in

ULTIMATE STRENGTH

4 WEEK STRENGTH TRAINING WORKOUT

Over the next 4 weeks you will complete 2 training blocks of 2 weeks each.

Block 1 features a traditional 5x5 and 5 x3 routine.

Block 2 works on a wave system of 6,4,2,4,2, in week 3 and 4,2,1,2,1 on week 4. In the above example, on week 1, when you hit the 2nd wave of 4 and 2 reps you should hopefully be able to lift weight for the same reps than you did in the first wave.

As you are doing strength training you should look to have a spotter help you with the tougher loads on weeks 2 and 4.

The sets and reps in the workouts does not include your own warm up reps.

We would also recommend using the note feature on the pdf so that you can record your sets and reps as you go along which is an important part of the process.

Good luck and happy lifting

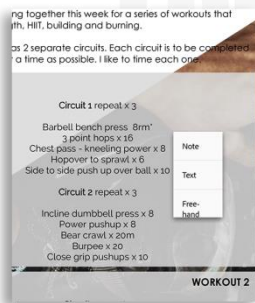
TIPS FOR COMPLETING THE ROUTINE

Equipment might be in use or unavailable. In that case consult the exercise alternative guide at the back of this program or use your own judgment to find a like for like alternative.

To maximize the results of the program make sure the weight and tempo you use are correct for the exercise. See the tempo and weight selection explanation on the next page.

This is key as weight and tempo dictate the training response, set the pace of the workout and reduce the risk of injury.

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



1.
Long press by the
exercise



2.
Select "Text" which
then opens a box



3.
Enter you info i.e.
weight/ reps

Like we already said, check the full workout before you start it. Click on the exercise to consult the technique video and make sure you plan ahead so you can complete the full workout without having to stop mid-workout as you have no plan-B.

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

FULL 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**

BLOCK 1

WEEK 1

5 X 5

A traditional 5x5 reps and sets workout. Make sure you warm up properly and concentrate always on form over function. Every rep should be a challenge but no failure on any sets here.

WORKOUT 1

Exercise	Sets & reps	Tempo	Weight & reps
Deadlift - heavy	5 x 5	3010	
Pullups	5 x 5	3010	
Single arm dumbbell row	4 x 7-8	2020	
Reverse grip pulldown	4 x 10-12	2020	
Low cable row - standing	4 x 10-12	2020	
Barbell shrug	4 x12-15	2020	

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

DOWNLOAD

