

FUNCTIONAL STRENGTH

KETTLEBELLS, CROSSFIT AND MORE FUNCTIONAL
STRENGTH: BUILD STRENGTH YOU CAN ACTUALLY USE!



Functional Strength Cheat Sheet

If you've read the full e-book then you should now be looking at your strength training in a whole different way. It's not about using a few moves to target each muscle group and make it bigger – it's about training your *movements* and your body. This way, you become stronger and more stable in every movement you make and the result is real-world strength that you can actually use.

But there was a lot to take in there, so this cheat sheet will help you to turn all that information into an actionable plan you can refer to whenever you're lost.

The Moves

- Squatting – Squats, deadlifts, kettlebell swings
- Lunging – Lunges, side squats, lunge walking
- Bending – Deadlifts, sit ups, leg raises
- Pushing – Bench press, overhead press, push up
- Pulling – Pull up, row, dips
- Gait– Jogging, running, walking
- Twisting – Heavy bag, twisting sit ups, cable woodchop

These moves cater to each of the 'primal' movements which are the fundamental human movements that everyone should be capable of.

Each workout will consist of one for each. Try to incorporate some heavy 'compound lifts' that use multiple muscle groups as well as some bodyweight stuff to train your strength-to-weight ratio. Remember to keep it varied!

For example, a workout might be:

- Squats 3 x 12
- Lunge walking 3 x 20 paces
- Deadlifts 3 x 8
- Clapping press ups 3 x 15

- Pull ups 3 x 8
- 10 minutes running
- 10 minutes heavy bag

You'll perform these exercises for three days a week.

Equipment

Don't forget that you can also increase the variety in your training by incorporating some equipment and tools.

For example:

- Kettlebells
- Indian club
- Barefoot shoes
- Power twister
- Gymnastic rings

Two types of training that embrace these concepts are CrossFit and MovNat – though both have their issues. Try not to get too hung up on one type of training but instead 'listen' to your body and become flexible with your training as you get more confident.

Overcoming Isometrics

Overcoming isometrics are exercises that challenge you to push against an immovable force. This is great for your grip, your endurance and also your mind-to-muscle connection and pure strength. You can use this by trying to bend bars or even by using resistance machines.

Flexibility and Mobility

Training flexibility and mobility is also important. To do this, you might consider using:

- Relaxed stretching
- Yoga
- Self-myofascial release

HIIT

HIIT is the most functional way to lose weight and train your cardiovascular system. This essentially involves alternating between short bursts of intense exercise and longer periods of active recovery. For instance, it might mean sprinting for 1 minute and then jogging lightly for 3 before repeating. This puts you in an anaerobic state and helps you burn more calories and fat overall.

A Program

So what might all this look like when put into a program? Here's one example:

Monday: Mobility work, 7 movements, overcoming isometrics

Tuesday: Off

Wednesday: Mobility work, 7 movements

Thursday: HIIT

Friday: Off

Saturday: Mobility work, 7 movements, overcoming isometrics

Sunday: Off

Combine all this with a quasi-paleo diet of protein and veg and see the results come!