



Functional Fitness Workout

Functional exercises are important to help you perform every day activities throughout life with competence and vigor. The following workout is adapted from Shape.com Functional Fitness Exercises.

Perform each of the exercises for 60 seconds with a 15-30 second rest. Perform 2-3 sets of the exercises. Start the session with 5 minutes of dynamic warm up movements like marches, arm circles, leg swings and end with a cool down stretch. Workout with warm up & cool down should take 25-35 minutes depending on the number of sets performed. **No equipment needed.**

INCHWORM WALK OUT

Stand tall with feet shoulder-width apart and hands resting at sides. **Lower hips into a squat position** with hands in front of feet and palms on the floor. Quickly walk hands out until body is in pushup position, a straight line from head to heels. Pause, then reverse direction back to starting position. Continue for 1 minute.



ONE-LEG TOE TOUCH

Stand tall with feet hip-width apart and arms extended out to sides parallel to the ground. Brace core and raise right knee (bent at a 90-degree angle) to navel level until thigh is parallel to the floor. Slowly rotate torso while leaning forward at hips and reaching right hand down to left foot. (As you lean forward, right leg will extend back behind hips.) Pause and reverse motion back to starting position, keeping right leg off the ground throughout the entire movement. Aim for a T-shape. After 30 seconds, switch to left leg.



TURKISH GET UP (WEIGHT OPTIONAL)

Lie face-up with legs fully extended, hip-width apart, right arm reaching toward the ceiling in front of chest, and left arm at side with palm on the floor. In one swift movement, pull feet in towards glutes, plant them on the floor, and lift torso upward as the right hand punches up. Press into the floor with left palm and heels, to come to standing with right arm fully extended overhead. Reverse direction, using only the left hand to lower back to start. Switch hands so left hand is extended in front of chest and repeat. Continue alternating arms.



STEP UPS WITH KNEE LIFT

Start by standing tall in front of a step or low box. Place entire right foot onto stair and step onto stair bending left knee and raising to hip level. Look straight ahead, stand tall, abs engaged. Step down with left foot and repeat starting with left foot. Continue alternating feet and pumping arms.



CHOP SQUAT

Stand tall with feet together and arms extended overhead, fingers interlocked and palms facing each other. Brace core and jump feet out to land in a wide squat (try to lower until thighs are parallel to the ground), while swinging arms to the right to rest just outside of the right knee. (You should make a chopping motion with your arms.) Jump back to start with feet together and arms overhead, then repeat on the other side. Repeat, alternating chopping to the right and left sides.



BIRD DOG PLANK

Begin in a traditional push-up position. Raise right hand and left leg 1 inch off the ground. This is your starting position. Brace core and quickly raise both until they are parallel to ground. Continue lowering and raising both extremities for 30 seconds, then switch to opposite arm and leg. Keep eyes focused on the floor to avoid placing unwanted stress on your neck.



LATERAL JUMP LUNGES

Begin in a lunge position with the right foot in front, both knees bent at 90-degree angles and back knee hovering just off the floor. Clasp hands in front of chest as if holding a tennis racket. Brace core and jump as far to the right as possible, landing softly back in a lunge position, then jump back to the left. Continue jumping side to side. Keep back straight and avoid hinging at the hips.

