

# Functional Circuit

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- 3 day/ week
  - Equipment – Bodyweight, Resistance bands/Resistance Tubes
  - Program 6 weeks
  - Goal – build balance, coordination, and functional strength
- Day 1 : Circuit A – 3x
    - Squat and Reach 12x
    - Band rows 12x
    - Lung 10x each leg
    - Plank 30 seconds
  - Day 2 : Circuit B –3x
    - Squat and Reach 12x
    - Band rows 12x
    - Single Leg extension 12x each leg
    - Superman 30 seconds
  - Day 3 : Circuit C – 3x
    - Squat and Reach 12x
    - Tube T rows 12x
    - Good mornings (assisted) 10x
    - Plank 30 seconds

# Functional Circuit

- Schedule
  - Monday – Day 1
  - Tuesday – Stretch & Stability
  - Wednesday – Day 2
  - Thursday – Recovery
  - Friday – Day 3
  - Saturday – Rest, Light Cardio 10k steps
  - Sunday – Rest, Light Cardio 10k steps
- Progression plan
    - Add 1 round to exercise every 2 weeks
    - Focus on full range of motion
- \*Recommend Inbody scan every 3 months to check body comp