

Week # 4: FUNCTIONAL FITNESS

Provided for this week:

E-book - complete with photos and detailed descriptions of the 7 functional movement patterns.

Video- Examples of Functional Moves

STEP# 1: COMPLETE YOUR DAILY FUNCTIONAL MOVE.

Monday: Squat

Tuesday: Push

Wednesday: Lunge

Thursday: Pull

Friday: Hinge

Saturday: Twist

Sunday: Balance

STEP # 2: TRACK IT!

In your journal or on this sheet below, record the exercise you choose and quantity of that exercise you completed for that particular day.

Monday: What squat exercise did you complete and how many?

EXERCISE: _____ QTY: _____

Tuesday: What push exercise did you complete and how many?

EXERCISE: _____ QTY: _____

Wednesday: What lunge exercise did you complete and how many?

EXERCISE: _____ QTY: _____

Thursday: What pull exercise did you complete and how many?

EXERCISE: _____ QTY: _____

Friday: What hinge exercise did you complete and how many?

EXERCISE: _____ QTY: _____

Saturday: What twist exercise did you complete and how many?

EXERCISE: _____ QTY: _____

Sunday: What balance exercise did you complete and how many?

EXERCISE: _____ QTY: _____

WEEK # 4 CHECKLIST



	M	T	W	TH	F	S	SU
Journal	_____	_____	_____	_____	_____	_____	_____
NEAT	_____	_____	_____	_____	_____	_____	_____
Self-Compassion	_____	_____	_____	_____	_____	_____	_____
Functional Move	_____	_____	_____	_____	_____	_____	_____