

FUNCTIONAL FITNESS MOVEMENT PLAN

4 weeks | Squat, hinge, push, pull, carry | Real-life strength

YOUR DETAILS

Name _____ Start date _____ Goal _____

THE 5 MOVEMENT PATTERNS

Pattern	Real-life use	Start with	Progress to
Squat	Sit, stand, lift low	Box squat	Goblet squat
Hinge	Pick up a heavy bag	Hip hinge with dowel	Dumbbell deadlift
Push	Push a door, press overhead	Incline push-up	Push-up, shoulder press
Pull	Pull yourself up, open a hatch	Band row	Dumbbell row, pull-up
Carry	Groceries, luggage	Suitcase carry	Farmer carry

WEEKLY PLAN

Day 1	Day 2	Day 3	Day 4 (optional)
Squat + Push	Hinge + Pull	Carry + Core	Walk or mobility

BENCHMARK TESTS (RECORD START AND WEEK 4)

Test	Week 0	Week 4
Push-ups in one set		
Bodyweight squats in 1 min		
Plank hold (seconds)		
Farmer carry (time for 30 m)		
Single-leg balance, each side (s)		

Rule of thumb

Move well first, then add load. Stop each set 2 reps before failure. Quality reps now mean fewer injuries later.

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WORKOUT 1: SQUAT + PUSH

Exercise	Sets x reps	Rest	Wk 1 weight	Wk 2 weight	Wk 3 weight	Wk 4 weight
Goblet squat	3 x 8-10	90 s				
Push-up or incline push-up	3 x 8-12	90 s				
Split squat	3 x 8 / side	60 s				
Overhead dumbbell press	3 x 8-10	90 s				
Plank	3 x 30-45 s	45 s				

WORKOUT 2: HINGE + PULL

Exercise	Sets x reps	Rest	Wk 1 weight	Wk 2 weight	Wk 3 weight	Wk 4 weight
Dumbbell Romanian deadlift	3 x 8-10	90 s				
One-arm dumbbell row	3 x 8-12 / side	60 s				
Glute bridge	3 x 12	60 s				
Band face pull	3 x 12-15	45 s				
Bird dog	3 x 8 / side	45 s				

WORKOUT 3: CARRY + CORE

Exercise	Sets x reps	Rest	Wk 1 weight	Wk 2 weight	Wk 3 weight	Wk 4 weight
Farmer carry	4 x 30 m	60 s				
Suitcase carry	3 x 20 m / side	60 s				
Dead bug	3 x 8 / side	45 s				
Step-up	3 x 8 / side	60 s				
Side plank	3 x 20 s / side	45 s				

FUNCTIONAL FITNESS MOVEMENT PLAN

5-MINUTE MOBILITY (BEFORE TRAINING)

- ☐ Hip circles
- ☐ Cat-cow
- ☐ Thoracic rotation
- ☐ Bodyweight squat
- ☐ Arm circles
- ☐ Ankle rocks

SESSION LOG

Date	Workout	Energy 1-5	Sleep (h)	Notes

Stop and get advice if you feel

Sharp or sudden pain, joint pain, numbness or tingling, chest pain, dizziness, or pain that gets worse each session. Soreness that is dull and fades in 2-3 days is normal.