



STANDARDS FOR BECOMING A FUNCTIONAL TRAINING INSTRUCTOR

1st DAY

- Intro and definition of the functional training; trends of the market
- WARM UP FORMAT 1 - JOINT MOBILITY

Bodyweight exercises

- PLANK
- PUSH UP + variation
- HINDU PUSH UP
- SQUAT + variation

WORKOUT 1

Kettlebell exercises

- DEAD LIFT
- SWING

Barbell exercises

- DEAD LIFT
- CLEAN
- FRONTAL SQUAT
- PRESS

WORKOUT 2

- Theoretical analysis of the non-conventional Kettlebell exercises

- PUSH UP
- RENEGADE
- L SIT
- MILITARI PUSH PRESS
- GET UP
- RUSSIAN TWIST
- SQUAT PISTOL

**these exercises will be executed in workout 3*

2nd DAY

- WARM UP FORMAT 2 - DYNAMIC WARM UP PROGRESSIONS AND GLOBAL ACTIVE STRETCHING POSITIONS

Bodyweight exercises

- SQUAT PISTOL
- BURPEE

Kettlebell exercises

- CLEAN
- PRESS
- GOBLET SQUAT

Barbell exercises

- PUSH PRESS
- OVER HEAD SQUAT
- THRUSTER

WORKOUT 3

Medball exercises

- DEAD LIFT
- DEAD LIFT + HIGH PULL
- CLEAN
- SQUAT
- THRUSTER
- PUSH UP + variation
- SIDE CHOP
- ROCK UP

GRAD WORKOUT: first practical test

- Examples of setting and programmation of functional workouts

PRATICAL TEST: technical execution and teaching skills