FuncMove Workouts



Bodyweight-Training plan A

Training equipment



Training mat



The workout is scheduled for 60 minutes. Keep breaks as short as possible to promote fat burning.

See also this video



Warm-Up



- 1. Fast walking or moderate running
- 2. Mobilization exercises for foot, knee, and hip joints
- 3. Moderate strengthening exercises for the legs
- 4. Mobilization exercises for core and shoulder girdle
- 5. Moderate strengthening exercises for core and shoulder girdle
- 6. Foam rolling



- 1. Scissor jumps
- 2. Swimmer in abdominal position
- 3. Push-Ups
- 4. Pistols
- 5. Sideplank with rotation
- 6. Mountain Climbers

Time / Protocol	



Time	Workout	Notes
15 min.	Warm-up, movement	Warm up cardiovascular system, Mobilization
	preparation	exercises, moderate strengthening and practicing
		movements, foam rolling
10 min.	Exercises 1-3, 4 x 20 sec.	After completing one exercise 4 x 20 sec. change
	work each, 10 sec. break	ton ext exercise. Keep breaks short!
5 min.	Pause	
10 min.	Exercises 4-6, 4 x 20 sec.	Like above. Keep breaks short!
	work each, 10 sec. break	
10 min.	Cool-Down	Bringing down pulse, stretching, mobilization



Static stretching and loosening up. See video