



FUNCTIONAL PERFORMANCE TRAINING

PROGRAM ZERO
DB, KB, BB

Phase 1 Day 1

A1 KB HIKES TO KB SWINGS						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	5 & 10	<i>eg: 24 kg 5 + 10</i>		
	2	3	5 & 10			
	3	3	5 & 10			
A2 HIP LIFT ISO HOLD TO HIP LIFT						
	1	3	30s + 10			
	2	3	30s + 10			
	3	3	30s + 10			
A3 PUSH UP TAP						
	1	3	10			
	2	3	10			
	3	3	10			
B1 GOBLET SPLIT SQUAT HOLD						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	20s			
	2	3	30s			
	3	3	40s			
B2 1 ARM DB BENCH PRESS						
	1	3	8			
	2	3	8			
	3	3	8			
B3 HOP & STICK						
	1	3	5			
	2	3	5			
	3	3	5			
C1 SLDL 1 DB - OPPOSITE ARM						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	12			
	2	3	12			
	3	3	12			
C2 DB ROW						
	1	3	8			
	2	3	8			
	3	3	8			
C3 SIDE PLANK						
	1	3	8 Breaths			
	2	3	10 Breaths			
	3	3	12 Breaths			



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Phase 1 Day 2

A1 HANG POWER CLEAN						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	5	<i>eg: 135 lb x5</i>		
	2	3	5			
	3	3	5			
A2 DONKEY KICK ISO HOLD TO DONKEY KICK						
	1	3	30s + 10			
	2	3	30s + 15			
	3	3	30s + 20			
A3 WALL QUAD ANKLE MOB						
	1	3	12			
	2	3	12			
	3	3	12			
B1 SUMO SQUAT HOLD TO FRANKENSTEIN FRONT SQUAT						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	20s + 8			
	2	3	20s + 8			
	3	3	20s + 8			
B2 ECCENTRIC PUSH UP 6:1:1						
	1	3	8			
	2	3	8			
	3	3	8			
B3 CROSSOVER BOUNCE						
	1	3	5			
	2	3	5			
	3	3	5			
C1 SLDL						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	12			
	2	3	12			
	3	3	12			
C2 YTW ISO HOLD						
	1	3	10s each			
	2	3	10s each			
	3	3	10s each			
C3 TALL KNEELING ANTI-ROTATION						
	1	3	20s + 10			
	2	3	30s + 10			
	3	3	40s + 10			



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Phase 2 Day 1

A1 KB SWING						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	10	<i>eg: 24 kg x10</i>		
	2	3	15			
	3	3	15			
A2 SINGLE LEG HI LIFT						
	1	3	10s + 10			
	2	3	10s + 10			
	3	3	10s + 15			
A3 PLANK BREATHS						
	1	3	8 Breaths			
	2	3	10 Breaths			
	3	3	10 Breaths			
B1 SPLIT SQUAT - GOLBET HOLD						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	8			
	2	3	8			
	3	3	8			
B2 ALTERNATING 1 ARM DB BENCH PRESS						
	1	3	5			
	2	3	5			
	3	3	5			
B3 LATERAL BOUND & STICK						
	1	3	5			
	2	3	5			
	3	3	5			
C1 SLDL 2 DB						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	8			
	2	3	8			
	3	3	8			
C2 DB ROW						
	1	3	5			
	2	3	5			
	3	3	5			
C3 SIDE PLANK - FEET ELEVATED						
	1	3	8 Breaths			
	2	3	10 Breaths			
	3	3	12 Breaths			



FUNCTIONAL PERFORMANCE TRAINING

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Phase 2 Day 2

A1 HANG POWER CLEAN						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	5	<i>eg: 135 lb x5</i>		
	2	3	5			
	3	3	5			
A2 DONKEY KICK						
	1	3	20			
	2	3	20			
	3	3	20			
A3 DEAD BUG						
	1	3	10			
	2	3	10			
	3	3	10			
B1 FRONT SQUAT						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	8			
	2	3	8			
	3	3	8			
B2 PUSH UP						
	1	3	10			
	2	3	10			
	3	3	10+			
B3 CROSSOVER STICK						
	1	3	5			
	2	3	5			
	3	3	5			
C1 SLDL 2 DB						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	12			
	2	3	12			
	3	3	12			
C2 YTW ISO HOLD TO YTW						
	1	3	10s + 5			
	2	3	10s + 5			
	3	3	10s + 5			
C3 1/2 KNEELING ANTI-ROTATION						
	1	3	30s + 10			
	2	3	30s + 10			
	3	3	40s + 10			



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Phase 3 Day 1

A1 KB SWING						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	20	<i>eg: 24 kg x10</i>		
	2	3	20			
	3	3	20			
A2 COOK HIP LIFT WITH 2s PAUSE EACH REP						
	1	3	10			
	2	3	10			
	3	3	10			
A3 PLANK REACH						
	1	3	10			
	2	3	10			
	3	3	10			
B1 SPLIT SQUAT - SIDE LOADED						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	5			
	2	3	5			
	3	3	5			
B2 2 ARM DB BENCH PRESS						
	1	3	5			
	2	3	5			
	3	3	5			
B3 LATERAL BOUND POP POP & STICK						
	1	3	5			
	2	3	5			
	3	3	5			
C1 SLDL SPEED SQUEEZE						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	5			
	2	3	5			
	3	3	5			
C2 DB ROW						
	1	3	5			
	2	3	5			
	3	3	5			
C3 SIDE PLANK ADDUCTOR						
	1	3	8 Breaths			
	2	3	8 Breaths			
	3	3	8 Breaths			



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Phase 3 Day 2

A1 HANG POWER CLEAN						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	3	<i>eg: 135 lb x5</i>		
	2	3	3			
	3	3	3			

A2 YOGA TABLE ADDUCTOR						
	1	3	30s + 10			
	2	3	30s + 10			
	3	3	30s + 10			

A3 DEAD BUG TO DEAD BUG LEG LOWER						
	1	3	5 & 5			
	2	3	5 & 5			
	3	3	5 & 5			

B1 FRONT SQUAT						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	5			
	2	3	5			
	3	3	5			

B2 PLYO PUSH UP						
	1	3	5			
	2	3	5			
	3	3	5			

B3 CROSSOVER CONTINUOUS						
	1	3	5			
	2	3	5			
	3	3	5			

C1 SLDL SPEED SQUEEZE						
	WEEK	SETS	REPS	SET 1	SET 2	SET 3
	1	3	5			
	2	3	5			
	3	3	5			

C2 YTW						
	1	3	5			
	2	3	5			
	3	3	5			

C3 STANDING ANTI-ROTATION PRESS						
	1	3	20s + 10			
	2	3	30s + 10			
	3	3	40s + 10			