



3 FUNCTIONAL FITNESS PROGRAMS FOR BEGINNERS

NEVER STOP EVOLVING

PROGRAM 1: BODYWEIGHT FOCUS

MONDAY

	SETS	REPS/DURATION	NOTES
Squats	3	10-12	
Lunges	3	8 per leg	
Push-ups	3	AMRAP	Modified if needed
Inverted rows	3	10-12	Using bench or table
Plank	3	30-60 seconds	Hold
Jumping jacks	3	30 seconds	

WEDNESDAY

	SETS	REPS/DURATION	NOTES
Wall sits	3	30-60 seconds	Hold
Supermans	3	10-12	
Bird-dogs	3	10 per side	
Calf raises	3	15-20	
Burpees	3	AMRAP	Modified if needed

FRIDAY

	SETS	REPS/DURATION	NOTES
Mountain climbers	3	30 seconds per side	
High knees	3	30 seconds	
Jumping lunges	3	8 per leg	
Russian twists	3	15 per side	
Walking lunges	3	10 per leg	

Progression: Once you can comfortably complete the prescribed sets and reps, increase the difficulty by adding weight (e.g., dumbbells), increasing reps, or shortening rest periods.

PROGRAM 2: EQUIPMENT-BASED (LIGHT RESISTANCE)

MONDAY

	SETS	REPS	NOTES
Dumbbell squats	3	10-12	Weight you can control with good form
Dumbbell lunges	3	8 per leg	Same weight as squats
Dumbbell rows	3	10-12 per side	
Dumbbell overhead press	3	10-12	
Plank with dumbbell rows	3	10 per side	Hold plank while alternating rows

WEDNESDAY

	SETS	REPS	NOTES
Kettlebell swing	3	15-20	Light kettlebell
Kettlebell goblet squat	3	10-12	Same kettlebell as swing
TRX push-ups	3	AMRAP	
TRX inverted rows	3	10-12	
Anti-rotational press	3	10 per side	Using cable machine or resistance band

FRIDAY

	SETS	REPS/DURATION	NOTES
Medicine ball slam	3	10	Light medicine ball

	SETS	REPS/DURATION	NOTES
Box jumps	3	8-10	Low box to start
Battle ropes	3	30s work, 15s rest	
Single-leg deadlift	3	10 per leg	Light dumbbells
Side plank	3	30-60 seconds	Hold per side

Progression: Similar to program 1, gradually increase weight, reps, or decrease rest periods.

PROGRAM 3: CARDIO-FOCUSED (INTERVAL TRAINING)

MONDAY

	DURATION	ROUNDS / NOTES
Easy jog	10 minutes	Warm-up
Burpees (modified if needed)	30 seconds work 30 seconds rest	10 Rounds
Easy jog	10 minutes	Cool-down

WEDNESDAY

	DURATION	ROUNDS / NOTES
Jump rope (with breaks if needed)	5 minutes	Warm-up
Mountain climbers	30 seconds work 30 seconds rest	12 Rounds
Jump rope	5 minutes	Cool-down

FRIDAY

	DURATION	ROUNDS / NOTES
Swimming or cycling	20 minutes	Moderate intensity
High knees	30 seconds work 30 seconds rest	8 Rounds
Easy walk	10 minutes	Cool-down

Progression: Increase the duration of work intervals, decrease rest intervals, or add more rounds over time.

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.