

FUNCTIONAL EXERCISE - GREY



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01. split stance press.
One arm overhead press, other hand on hip.
Moderate to heavy - front and side.



02. pull over/press chest combo.
One arm pull over, other arm overhead press.
Moderate to heavy - front and side.



03. bicep to triceps big curl.
Big forward to backward curl, front to back.
Moderate to heavy - front.



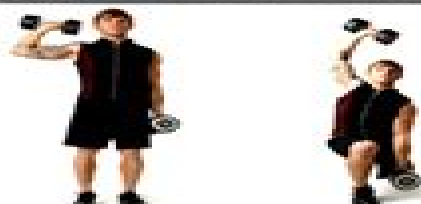
04. frontal light/heavy side lunge.
Forward lunge with light press for heavy reach.
Moderate to heavy - front and side.



05. rotational deadlift combination.
Rotational deadlift, side muscles. Moderate weight.



06. split stance obliques press.
One arm overhead press, other hand on hip.
Light to moderate weight.



07. lunge press and reach.
Forward lunge with light press to heavy reach.
Moderate to heavy - front and side.



08. side deadlift combination.
Light to heavy deadlift, side muscles.
Light to moderate weight.



09. rotational lunge, press & reach.
Forward lunge with light press to heavy reach.
Moderate to heavy - front and side.



10. rotating core press.
One arm overhead press, other hand on hip.
Moderate to heavy - front and side.



Body Functional Workout Routine For Women

KJ Lindholm-Leary



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