

# 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 to 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 oblique 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 light 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 oblique press, other hand on hip.  
Moderate to heavy - front and side.



# Body Functional Workout Routine For Women

**Brett Stewart, Jason Warner**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the authors' names.

## **Body Functional Workout Routine For Women:**

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