



FUNCTIONAL BODYBUILDING



Functional Bodybuilding Group Programming by Revival Strength

Popularized by Awaken Training Series and social media, Functional Bodybuilding is taking hold in gyms around the world both as a singular focus and as an add-on class to promote quality movement without overtraining.

With Functional Bodybuilding, participants can enjoy fresh variety on the movement menu, while coaches slow the pace with tempo training and supersets to implement control points across a range of unilateral and bilateral movement patterns. This provides a natural way to strengthen imbalances from side to side, increase efficiency in positions, add alternatives for areas of injury, and deliver a great workout that provides just the right dose of intensity.

FBB Group Programming is specially designed for the needs of groups to condense workouts into a 60-minute time slot that can be adjusted as needed, with 3 class workouts per week delivered on a monthly subscription basis. Class flow is also thoughtfully considered, avoiding specialty equipment and lengthy setup. We provide warmups and workouts with demo videos for each movement, as well as ongoing support for coaches and gym owners through our private Facebook group, a monthly Zoom meeting with Marcus Filly or another senior coach, and other online support. (For gyms that have noise considerations from dropping barbells, Functional Bodybuilding classes are a creative workaround using dumbbells, kettlebells, and bodyweight exercises along with lower decibel barbell movements.)

Take the sample week below for a ride and learn more about how your gym can add Functional Bodybuilding to your offerings. We also offer custom programming for both gyms and individuals.

WORKOUT ONE	WORKOUT TWO	WORKOUT THREE
<p>WARMUP:</p> <p>3 Sets 30sec <u>Ring Plank</u> 30sec <u>Glute Bridge Hold</u> 30sec <u>Wall Sit</u></p> <p>A1) Kang Squat 3131; 4-6reps; rest 60sec x 3 *light loads to learn movement patterns</p> <p>A2) Single Arm DB Deadlift 3010; 6/arm; rest 60sec x 3</p> <p>B) Back Squat 5551; 5,5,5 (add load with each set and finish at 90% effort - strict TEMPO is key here); rest 2-3mins</p> <p>C1) Suitcase RNT Reverse Lunges 20X1; 6-8/leg; rest 60sec x 3</p> <p>C2) Dual Dumbbell Prone Row 2111; 6-8reps; rest 60sec x 3 sets</p> <p>C3) Dual Kettlebell Rack Carry 30m Continuous; rest 60sec x 3 sets</p>	<p>WARMUP:</p> <p>3 Sets 6-8 <u>Half Kneeling Single Arm Landmine Press</u> @ 2111 tempo 12 <u>Banded Monster Walks</u> (forward and backward) 20sec <u>Star Side Plank/side</u> rest as needed</p> <p>A1) Barbell Z Press 8,7,6; rest 2mins</p> <p>A2) Segmented Clean Deadlift 3131; 5,5,5; rest 2mins</p> <p>B1) Incline DB Bench Press Semi Supinated Grip; 31X1; 6-8reps; rest 60sec x 3 sets</p> <p>B2) Strict Bar Dip 21X1; 4-6reps; rest 60sec x 3 sets</p> <p>C) EMOM x10 Min Odd - 12 <u>Russian Kettlebell Swings</u> Even - 3 <u>Seated Box Jump</u> (go for height - step down)</p>	<p>WARMUP:</p> <p>3 Sets 30sec <u>Forearm Plank</u> 10 <u>Side Plank Rotations/side</u> 10 <u>Jefferson Curls</u> (very light with clients, even PVC is appropriate, just to learn the way you move this pattern) rest as needed</p> <p>A) Front Squat 32X1*; 6,6,6; rest 2-3mins (focus on great positions this week - maintain strict tempo)</p> <p>B1) Suitcase RNT Split Squat 2121; 6-8/leg; rest 60sec x 3 sets</p> <p>B2) Single Arm Farmers Walk 30m/ arm; rest 60sec x 3 sets</p> <p>C1) Strict Ring Pull Up 21X1; 4-6reps; rest 60sec x 3 sets *scale back to ring row as needed</p> <p>C2) Seated Dumbbell Press 2112; 6-8reps; rest 60sec x 3 sets</p> <p>D) 3 Sets - For Quality</p> <p>10 Dumbbell Suitcase Russian Step ups/leg (box height should be 2-3" below knee cap for each athlete) 10 <u>Ring Face Pull</u> *resting as needed between exercises</p>

*Tempo example, 32X1: 3 seconds eccentric, 2 second isometric, X = explode up or with intent to do so, 1 second pause before next rep

Pricing and Terms:

Programming is available for a monthly subscription of \$99/month on a month-to-month basis with no cancellation fees.

Your subscription includes:

- One Fitbot account for coach or gym owner with programs available a week at a time
- Demo videos and places to record feedback or ask questions are also provided in Fitbot
- Access to private Facebook group
- Monthly Zoom call with Marcus Filly or a senior Revival Strength coach for Q&A, case studies, or further Functional Bodybuilding education

For more information or to subscribe:

Email lookgood@functionalbodybuilding.net and we will get back to you within 24 hours.

“Functional Bodybuilding is my answer to the question - what are you going to do to fix all the holes in your fitness? After 5 years of CrossFit, Outlaw Way, Comptrain Masters and a taste of various other programs it was obvious I needed some real, complete human, progressive strength and conditioning that respects the nervous system. Thank you for making this available to the public! My body feels healed, supple and stronger than ever.”

“I’m so in love with FBB. Nothing gets in the way of training. Thank you so damn much. Even today, making sure my row efforts increased per round, it’s like you’re pushing all the right buttons without ever knowing me or meeting me and for that, I’m thankful.”

Words from Functional Bodybuilding participants