



CENTRAL ATHLETE

FUNCTIONAL RESISTANCE TRAINING



Functional resistance training is the combination of classic resistance training methods and functional exercises in a manner that produces a lean body composition, yet the functionality of an athlete.

WHO IS THIS FOR?

This program is for anyone wanting to look good naked, decrease pain and improve energy and performance. If you're tired of not being challenged and are left unfulfilled with your training regimen, you will find this approach to training empowering. And you will also be confused about why the rest of the world spends hours in traditional gyms spinning their wheels!

However, it should be noted that you need great muscular endurance and general bodyweight strength in order to have success with this template. If you do not possess these characteristics, you will need to spend time developing the necessary contractile potential and then the requisite muscular endurance.

WHAT CAN YOU EXPECT TO GAIN?

Following this functional resistance training program, you can expect to develop the necessary muscle, tendon and joint strength to stay healthy and able to take part in any activities you wish. Not only that, many of our clients experience MONTHS of decreased fat mass and YEARS of skeletal muscle mass improvements.

Although this is just a template, you'll be able to dip your toe into the water of what Functional Resistance Training feels like.

Just remember that the only way to receive the most from Functional Resistance Training is building a program designed to meet your individual fitness requirements, based upon an a comprehensive assessment process.





FUNCTIONAL RESISTANCE TRAINING NUTRITION

Want to maximize your results with Functional Resistance Training? The two most important nutritional points to focus are:

- Adequate protein intake in order to gain skeletal muscle mass
- Blood sugar management in order to lose fat mass

Remember that if you only follow the Functional Resistance Training program, you will likely gain some muscle—and probably not lose much fat—if your lifestyle and nutrition stay the same. With that being said, this nutrition plan was developed from the latest research, clinical findings and Central Athlete's experience with our client base, interfacing with InBody bioelectrical impedance technology as well as Omegawave software. Combining FRT with a whole-foods, low-carbohydrate approach will drastically alter your body composition in a matter of months. You'll see the first signs of improvement within a week if consistently followed.

Protein

If you want to increase lean muscle mass, you **HAVE** to consume protein—it's as simple as that.

At Central Athlete, there are four things we advise when it comes to protein:

- Eat at least one gram of protein per pound of bodyweight
- Chew protein very well to increase the amount you digest and assimilate into muscle
- Consume adequate protein after training (ideally within 30 minutes in liquid form)
- Consume a variety of protein sources to obtain all the necessary amino acids

Blood Sugar Management

This is a very complex topic so we will keep it simple. Just realize that by managing your blood sugar, you have the ability to manipulate your body composition to your liking.

You ingest carbohydrates—your blood sugar spikes—your body releases insulin —your body stores excess energy in the form of fat.

If you are eating too many carbohydrates relative to your energy expenditure, you will be more likely to store fat. Many people are surprised at just how few carbohydrates they need to support daily function in order to reduce fat mass for long periods of time. As previously mentioned, blood sugar management is complex and there are many factors at play, but for the average adult this is basically the process.

At Central Athlete, we have discovered some foundational principles to help overcome clients' inability to reduce fat mass and increase muscle mass.



Eat: Whole foods, mostly plants, with quality animal-based protein and varied fat sources six days per week.

Avoid: Alcohol, processed foods, high glycemic index foods, starchy carbohydrates, sugary beverages, grains, flavored beverages and diet drinks.

Refeed Day: One day per week (one waking cycle), eat whatever you want and as much as you want. Only catch: it has to be a day you train.

By allowing yourself a “refeed day” when you break the rules, we have found an 85% higher compliance rate for clients eating this way for three months or longer.

Think about it like a scratch. If you don’t scratch an itch, you will think about it. You might be able to hold off for a bit, but eventually you will cave and scratch that area of your body until it almost bleeds. Refeeding once per week not only will increase thyroid activity, but will drastically improve the most important variable regarding fitness—CONSISTENCY!

It seems simple but you need to look at fitness through a long-term lens. People laugh when we say “the five-to-seven-year plan,” but addressing adherence is a pertinent issue that isn’t often discussed within the fitness industry.

MISCELLANEOUS:

Some clients say, “Hey, I don’t need a refeed day, I’m just going to have one refeed meal per week.” These are the clients who have trouble sticking to the course throughout the week.

Don’t try to spread your refeed day to 12 hours one day and 12 hours another day. When we tested this method, we consistently noticed clients gaining fat. Clients who adhered to the waking cycle refeed day kept losing fat.

PLAN OF ACTION:

- Eat whole foods, mostly plants, with quality animal-based protein and varied fat sources six days per week with one refeed day per week.
- Log your food daily to ensure compliance and to be able to review upon retesting body composition.
- Undergo bi-weekly [InBody](#) body composition testing to objectively manage progress
- [Click HERE to schedule your FREE InBody test](#)





SAMPLE NUTRITION

This is a sample day of nutrition that best suits a 38 year old male who is 6'0" and weighs 185 pounds with a desire to increase lean body mass and lose fat mass.

6:00am - Training

7:30am - Post Workout Shake - 25 Grams of Whey Protein Powder

Protein - 25 grams

Carbohydrates - 5 grams

Fat - 2 grams

8:30am - Meal #1 - 3 Eggs + 3 Ounces Ground Beef + 1 Cup Power Greens + 1 Tablespoon Coconut Oil

Protein - 33 grams

Carbohydrates - 7 grams

Fat - 40 grams

11:45am - Meal #2 - 6 Ounces Chicken Breast + 2 Cups Broccoli + ½ Cup Macadamia Nuts

Protein - 49 grams

Carbohydrates - 20 grams

Fat - 50 grams

3:00pm - Snack - 4 Ounces Chicken Sausage + 1 Avocado

Protein - 37 grams

Carbohydrates - 26 grams

Fat - 50 grams

7:30pm - Meal #3 - 6 Ounces Angus Beef + 2 Cups of Squash and Zucchini + 1 Tablespoon Coconut Oil

Protein - 35 grams

Carbohydrates - 7 grams

Fat - 39 grams

9:30pm - Snack - 12 Grams of Whey Protein Powder + 1 Tablespoon Almond Butter

Protein - 16 grams

Carbohydrates - 5 grams

Fat - 10 grams

Daily Totals

Protein - 195 grams

Carbohydrate - 70 grams

Fat - 191 grams



8-WEEK FUNCTIONAL RESISTANCE TRAINING PROGRAM

WEEK 1

Monday

- A1: Chin-Up @ 4010; 10,8,6,10,8,6; rest 120 seconds
- A2: Close Grip Bench Press @ 4010; 10,8,6,10,8,6; rest 120 seconds
- B1: Single Arm DB Row @ 3010; 6-8/arm x 3; rest 30/90 seconds
- B2: Neutral Grip DB Bench Press @ 3010; 6-8 x 3; rest 90 seconds
- C1: Stir the Pot; 5 Circles per Direction x 3; rest 90 seconds
- C2: GHD Back Extension @ 2020; 8-10 x 3; rest 90 seconds

Wednesday

- A1: Trap Bar Deadlift @ 3010; 18,15,12,9; rest 120 seconds
- A2: Goblet Split Squat @ 3030; 10/leg x 4; rest 60/120 seconds
- B1: Dual KB Front Squat @ 3030; 12-15 x 3; rest 45 seconds
- B2: Band Pull Through @ 30X3; 10-12 x 3; rest 45 seconds
- B3: Wide Stance Good Morning @ 3030; 10-12 x 3; rest 120 seconds
- C1: Marching Wall-Sit; 10 per leg x 3; rest 30 seconds
- C2: GHD Hip Extension @ 2020; 10-12 x 3; rest 30 seconds
- C3: Prisoner Jump Lunges; 18 alt reps x 3; rest 120 seconds

Friday

- A1: Seated Arnold Press @ 3030; 10-12 x 4; rest 120 seconds
- A2: Barbell Upright Row @ 2020; 10-12 x 4; rest 120 seconds
- B1: Plyometric Push-Up; AMRAP (-2) x 4; rest 15 seconds
- B2: Push-Up; AMRAP (-2) x 4; rest 120 seconds
- C1: Myometric DB Curl on Incline Bench @ 4010; 6-10 x 3; rest 15 seconds
- C2: Incline DB Hammer Curl @ 4010; 6-10 x 3; rest 15 seconds
- C3: Close-Grip EZ Bar Standing Curl @ 4010; 6-10 x 3; rest 120 seconds
- D: Side Plank; Accumulate 3 minutes per side



WEEK 2

Monday

- A1: WTD Chin-Up @ 4010; 10,8,6,10,8,6; rest 120 seconds
- A2: Incline Close Grip Bench Press @ 4010; 10,8,6,10,8,6; rest 120 seconds
- B1: Chest Supported DB Row @ 3010; 6-8 x 4; rest 90 seconds
- B2: Pronated Grip DB Bench Press @ 3010; 6-8 x 4; rest 90 seconds
- C1: Front Leaning Rest on Rings; ALAP (-5s) x 4; rest 90 seconds
- C2: WTD Arch Hold; 20-30s x 4; rest 90 seconds

Wednesday

- A1: Sumo Deadlift @ 3010; 10,10,10,10; rest 120 seconds
- A2: Front Foot Elevated Goblet Split Squat @ 3030; 10/leg x 4; rest 60/120 seconds
- B1: DB Walking Lunge (Not standing all the way up); 12 alt reps x 3; rest 45 seconds
- B2: WTD Side Plank; 30 seconds per side x 3; rest 45 seconds
- B3: WTD Arch Hold on Reverse Hyper; 15-25 seconds x 3; rest 120 seconds
- C1: Dual KB Duck Walk; 30m x 3; rest 30 seconds
- C2: Supine Seal Walk; 30m x 3; rest 30 seconds
- C3: Ski Jumps; 20 alt reps x 3; rest 120 seconds

Friday

- A1: Seated Dual DB Press @ 3030; 15,12,9,6; rest 120 seconds
- A2: Straight Arm Lat-Pulldown @ 2020; 10-12 x 4; rest 120 seconds
- B1: Standing Tricep Pushdown @ 4010; 16,14,12; rest 15 seconds
- B2: Strict Dips; AMRAP (-2) x 4; rest 120 seconds
- C1: Chest Supported DB Curl on Incline Bench @ 4010; 6-10 x 3; rest 15 seconds
- C2: Lateral DB Raises @ 4010; 6-10 x 3; rest 15 seconds
- C3: Standing Plate Curl; Max Reps with 45# Plate x 3; rest 120 seconds
- D: DB Suitcase Carry; 30 seconds per side x 4; rest 30 seconds between sides



WEEK 3

Monday

- A1: Chin-Up on Rings @ 4010; 10,8,6,10,8,6; rest 120 seconds
- A2: Decline Close Grip Bench Press @ 4010; 10,8,6,10,8,6; rest 120 seconds
- B1: Seated Wide Grip Row @ 3010; 8-10 x 3; rest 90 seconds
- B2: Close Grip DB Bench Press @ 3010; 8-10 x 3; rest 90 seconds
- C1: V-Up's; 15-18 x 3; rest 90 seconds
- C2: Dual KB Rack Carry; 40-60m x 3; rest 90 seconds

Wednesday

- A1: Deadlift @ 3010; 10,8,10,8; rest 120 seconds
- A2: Rear Foot Elevated Split Squat @ 3030; 8/leg x 4; rest 60/120 seconds
- B1: Split Stance Barbell Good Morning @ 3030; 8/direction x 3; 30/45 seconds
- B2: WTD Shoulder and Feet Elevated Hip Bridge @ 30X3; 8-10 x 3; rest 45 seconds
- B3: Glute Ham Raise Hold; 20-30 seconds x 3; rest 120 seconds
- C1: Dual Rack KB Walking Lunge; 30m x 3; rest 30 seconds
- C2: Goblet Squat Jumps; 10-12 x 3; rest 30 seconds
- C3: Single Leg Box Jump; 8 per leg x 3; rest 30/120 seconds

Friday

- A1: Shoulder Press Machine @ 3030; 12,10,8,12,10,8; rest 120 seconds
- A2: Chest Supported Row @ 2020; 10,10,10,10,10,10; rest 120 seconds
- B1: Single Arm Tricep Pushdown @ 4010; 10/arm x 4; rest 15 seconds
- B2: Supinated Tricep Pushdown; AMRAP (-2) x 4; rest 120 seconds
- C1: Arm Blaster @ 4010; 6-10 x 3; rest 15 seconds
- C2: Frontal DB Raises @ 4010; 6-10 x 3; rest 15 seconds
- C3: Seated Hammer Curl @ 4010; 6-10 x 3; rest 120 seconds
- D: Side Plank Row; 10 per side x 4; rest 30 seconds between sides





WEEK 4

Monday

- A1: WTD Chin-Up @ 4010; 5-6 x 4; rest 120 seconds
- A2: Close Grip Bench Press @ 4010; 5-6 x 4; rest 120 seconds
- B1: Chest Supported Incline DB Row @ 3010; 8-10 x 2; rest 90 seconds
- B2: Alternating DB Bench Press @ 3010; 8-10 per arm x 2; rest 90 seconds
- C1: Supine Deadbug; 6-8/side x 3; rest 90 seconds
- C2: Birdog Drawing Squares; 6-8/side x 3; rest 90 seconds

Wednesday

- A1: Snatch Grip Deadlift @ 3030; 10,10,10,10; rest 120 seconds
- A2: Front Foot Elevated Front Rack Split Squat @ 3030; 8/leg x 4; rest 60/120 seconds
- B1: Seated Hip Abduction @ 3030; 10-12 x 3; rest 45 seconds
- B2: Seated Hip Adduction @ 3030; 10-12 x 3; rest 45 seconds
- B3: Standing Calf Raise @ 3030; 18-20 x 3; rest 120 seconds
- C1: Overhead DB Walking Lunge; 30m per arm x 3; rest 30 seconds
- C2: Goblet Cossack Squats; 10 per leg x 3; rest 30 seconds
- C3: Psoas March; 20 alt reps x 3; rest 120 seconds

Friday

- A1: Single Arm Arnold Press with Rack Hold @ 3030; 20 alt reps x 5; rest 120 seconds
- A2: Upright Cable Row @ 2020; 12-18; rest 120 seconds
- B1: DB Skullcrusher @ 4010; 10-12 x 4; rest 15 seconds
- B2: DB Pullover; 10-12 x 4; rest 120 seconds
- C1: Reverse Grip Barbell Curl @ 4010; 6-10 x 3; rest 15 seconds
- C2: Supinated Behind the Back Lateral Raise @ 4010; 6-10 x 3; rest 15 seconds
- C3: Banded Face Pull; 20-25 x 3; rest 120 seconds
- D: Single Arm KB Rack Carry; 50m x 4; rest 30 seconds between sides



WEEK 5

Monday

- A1: Inverted Row on Bar @ 4010; 7,5,3,7,5,3; rest 120 seconds
- A2: Pronated Grip Bench Press @ 4010; 7,5,3,7,5,3; rest 120 seconds
- B1: Neutral Grip Lat-Pulldown @ 3010; 6-8 x 3; rest 90 seconds
- B2: Pec Deck @ 30X0; 12-15 x 3; rest 90 seconds
- C1: Hollow Hold; 30-45 seconds x 3; rest 90 seconds
- C2: WTD Plank; 30-45 seconds x 3; rest 90 seconds

Wednesday

- A1: Back Squat @ 3030; 10,10,10,10; rest 120 seconds
- A2: Front Foot Elevated Goblet Reverse Lunge; 8/leg x 4; rest 60/120 seconds
- B1: Seated Knee Extension @ 30X2; 12-15 x 3; rest 45 seconds
- B2: Seated Knee Flexion @ 30X2; 12-15 x 3; rest 45 seconds
- B3: Barbell Split Squat Pulse; 10 per direction x 3; rest 30/120 seconds
- C1: Reverse Sled Pull; 30m x 3; rest 30 seconds
- C2: Feet Elevated Banded Glute Bridge @ 30X2; 10 x 3; rest 30 seconds
- C3: Sled Push; 30m x 3; rest 120 seconds

Friday

- A1: Standing Arnold Press @ 3030; 8-10 x 4; rest 120 seconds
- A2: Supinated Bent Over Barbell Row @ 3030; 8-10 x 4; rest 120 seconds
- B1: Half-Kneeling Single Arm DB Press @ 3030; 8/side x 3; rest 30/60 seconds
- B2: WTD Dip Support; ALAP (-5s) x 3; rest 60 seconds
- B3: Ring Push-Ups; AMRAP (-3) x 3; rest 120 seconds
- C1: Seated T-Bar Row @ 20X2; 8-10 x 3; rest 15 seconds
- C2: Wide Grip Lat-Pulldown @ 20X2; 8-10 x 3; rest 15 seconds
- C3: 45 Degree Lat-Pulldown @ 20X2; 8-10 x 3; rest 150 seconds



WEEK 6

Monday

- A1: Inverted Row on Rings @ 4010; 7,5,3,7,5,3; rest 120 seconds
- A2: Wide Grip Bench Press @ 4010; 7,5,3,7,5,3; rest 120 seconds
- B1: Supinated Seated Row @ 3010; 6-8 x 4; rest 90 seconds
- B2: Standing Cable Flies @ 3012; 6-8 x 4; rest 90 seconds
- C1: Hollow Hold; 45-60 seconds x 4; rest 90 seconds
- C2: Arrested Superman; 45-60 seconds x 4; rest 90 seconds

Wednesday

- A1: Hack Squat @ 3030; 12,12,12,12; rest 120 seconds
- A2: Rear Foot Elevated Single Arm Split Squat @ 3030; 8/side x 4; rest 60/120 seconds
- B1: Elevator Goblet Squat; 6-8 x 3; rest 45 seconds
- B2: DB Sumo Deadlift @ 40X1; 12-15 x 3; rest 45 seconds
- B3: Banded Russian Kettlebell Swing; 20 reps x 3; rest 120 seconds
- C1: Dual Rack KB Step-Up; 12 alt steps x 3; rest 30 seconds
- C2: Staggered Stance DB RDL @ 2020; 10 per stance x 3; rest 30 seconds
- C3: Lateral Sled Push; 30m/side x 3; rest 120 seconds

Friday

- A1: Seated Behind the Neck Press @ 3030; 8-10 x 4; rest 120 seconds
- A2: Trap Bar Bent Over Row @ 3030; 8-10 x 4; rest 120 seconds
- B1: Half-Kneeling Cross Body DB Press @ 3030; 8/side x 3; rest 30/60 seconds
- B2: Single Arm Ring Row @ 3030; 8-10/side x 3; rest 30/60 seconds
- B3: Single Arm Front Leaning Rest; ALAP [-5s] per side x 3; rest 30/120 seconds
- C1: Bottoms Up KB Carry; 30 seconds x 3; rest 15 seconds
- C2: Seated Sled Pull; Length of Rope x 3; rest 15 seconds
- C3: DB Push Press; AMRAP [-3] x 3; rest 150 seconds





WEEK 7

Monday

- A1: WTD Inverted Row @ 4010; 7,5,3,7,5,3; rest 120 seconds
- A2: 30 Degree Incline Bench Press @ 4010; 7,5,3,7,5,3; rest 120 seconds
- B1: T-Bar Row @ 3010; 8-10 x 3; rest 90 seconds
- B2: Decline DB Chest Flies @ 3010; 8-10 x 3; rest 90 seconds
- C1: WTD Hollow Hold; 30-45 seconds x 3; rest 90 seconds
- C2: Arch Rock; 30-45 seconds x 3; rest 90 seconds

Wednesday

- A1: Leg Press @ 30X3; 15,15,12,12; rest 120 seconds
- A2: Front Foot Elevated DB Reverse Lunge with Knee Lift; 16 alt reps x 4; rest 120 seconds
- B1: Snatch Grip RDL @ 3030; 10,8,6; rest 45 seconds
- B2: Theraband Lateral Walks; 10 per direction x 3; rest 45 seconds
- B3: Band Marches; 10 per leg x 3; rest 120 seconds
- C1: Jefferson Curl @ 4040; 10-12 x 3; rest 30 seconds
- C2: Glute Ham Raise; 8-10 x 3; rest 30 seconds
- C3: Axle Bar Glute Bridge @ 30X2; 8-10 x 3; rest 120 seconds

Friday

- A1: Push Press @ 30X0; 8-10 x 4; rest 120 seconds
- A2: Supinated Snatch Grip Bent Over Row @ 3030; 8-10 x 4; rest 120 seconds
- B1: Half-Kneeling Landmine Press @ 3030; 8/side x 3; rest 30/60 seconds
- B2: Single Arm Landmine Row @ 3030; 8-10/side x 3; rest 30/60 seconds
- B3: Ab Wheel Rollouts; AMRAP (-3) x 3; rest 120 seconds
- C1: Overhead DB Carry; 30 seconds x 3; rest 15 seconds
- C2: Supinated Chin-Up; AMRAP (-2) x 3; rest 15 seconds
- C3: DB Bench Press; AMRAP (-2) x 3; rest 150 seconds



WEEK 8

Monday

- A1: WTD Inverted Row on Rings @ 4010; 4-5 x 4; rest 120 seconds
- A2: 30 Degree Neutral Grip Incline Bench Press @ 4010; 4-5 x 4; rest 120 seconds
- B1: Pendlay Row @ 3010; 8-10 x 2; rest 90 seconds
- B2: Incline DB Chest Flies @ 3010; 8-10 per arm x 2; rest 90 seconds
- C1: WTD Hollow Hold; 45-60 seconds x 3; rest 90 seconds
- C2: Arch Hold to Hollow Hold; 20 seconds per movement x 3 x 3; rest 90 seconds

Wednesday

- A1: Front Squat @ 3030; 10,10,10,10; rest 120 seconds
- A2: Single Arm Overhead Rear Foot Elevated Split Squat @ 3030; 8/leg x 4; rest 60/120 seconds
- B1: Jump Squats; 20 seconds x 3; rest 15 seconds
- B2: Jump Lunges; 20 seconds x 3; rest 15 seconds
- B3: Wall-Sit; Max Hold x 3; rest 120 seconds
- C1: Landmine RDL @ 3030; 10/leg x 3; rest 30 seconds
- C2: Straight Leg KB Russian Twist; 10/side x 3; rest 30 seconds
- C3: Wide Stance Dual KB DL @ 3030; 8-10 x 3; rest 120 seconds

Friday

- A1: Snatch Grip Strict Press @ 30X0; 8-10 x 4; rest 120 seconds
- A2: 3-Point DB Single Arm Row @ 3030; 8-10/arm x 4; rest 30/120 seconds
- B1: Double KB Z-Press @ 3030; 8-10 x 3; rest 60 seconds
- B2: Alternating DB Bent Row @ 3030; 16-18 alt reps x 3; rest 60 seconds
- B3: Landmine Rotations; 10/side x 3; rest 120 seconds
- C1: Off-Set Waiters Carry; 30 seconds per side x 3; rest 15 seconds
- C2: Wide Grip Behind the Neck Pull-Up; AMRAP (-2) x 3; rest 15 seconds
- C3: Clapping Deficit Push-Up; AMRAP (-2) x 3; rest 150 seconds