



PUSH, PULL & SQUAT FUNCTIONAL MOVEMENT WORKOUT

Main Goal: Develop Movement Patterns
Training Level: Beginner - Intermediate
Equipment: Barbell and Kettlebells

Training Block: 8 - 12 Weeks
Frequency: 3 Days/Week
Duration: 60 Minutes

This training split is designed to develop muscle strength, coordination, and control of the 5 “functional” movement patterns for everyday life: Pull, Push, Hinge, Squat and Carry. As this workout is intended for beginners, prioritize proper form with a manageable weight (or no weight at all), knowing that mastery of these movements now will provide you with the foundation for muscle and strength gains with more specialized workouts in the future.

WARM-UP AND COOL-DOWN: Static Stretches and Cardio

Stretch	1 Set Each (Hold for 30 Seconds): Quadriceps Stretch, Hamstring Stretch and Glute Stretch
Cardio	5 - 10 Minutes of Low Intensity Cardio of Choice: Walking, Elliptical, Cycling or Rowing

Day 1: Pull Focus

Focus	Exercise	Sets x Reps	Set #1	Set #2	Set #3	Set #4
Pull	Deadlifts with progressive load	Warm-Ups: 2 x 5 Working: 4 x 5				
Push	Barbell / Kettlebell Press	3 x 5				
Hinge	2-Hand Kettlebell Swing	3 x 5				
Squat	Goblet Squat	2 x 5 - 8				
Carry	Farmer's Carry	2 x 40 yds. @ 50% your bodyweight (Strength Focus) OR 2 x 80 yds. @ 25% your bodyweight (Endurance Focus)				

Day 2: Hinge Focus

Focus	Exercise	Sets x Reps	Set #1	Set #2	Set #3	Set #4
Hinge	Kettlebell Single-Leg Romanian Deadlift	4 x 10				
Press	Barbell / Kettlebell Press	3 x 5				
Squat	Front Squat with progressive load	3 x 5				
Pull	Pull-Ups	2 x 5				
Carry	Farmer's Carry	2 x 40 yds. @ 50% BW OR 2 x 80 yds. @ 25% BW				

Day 3: Squat Focus

Focus	Exercise	Sets x Reps	Set #1	Set #2	Set #3	Set #4
Squat	Barbell Back Squat with progressive load	Warm-Ups: 2 x 5 Working: 4 x 5				
Press	One-Arm Kettlebell Floor Press	3 x 8				
Pull	Bent Over Row	3 x 8				
Hinge	Hand Kettlebell Swing	2 x 5 - 8				
Carry	Farmer's Carry	2 x 40 yds. @ 50% BW OR 2 x 80 yds. @ 25% BW				

Training Takeaway

Functional training should make you more aware of the **kinetic chain**, which is the concept that the body acts like a chain of links, with the movement of one segment affecting the segments before and after it, creating a chain of events. When the correct muscles are not activated for the intended movement—whether due to a lack of flexibility, strength, or even just a lifetime habit of misuse—the body adopts compensation patterns to work around the dysfunction, which in turn creates a negative domino effect that places unnecessary stress on other parts of the body that ordinarily would not need to step in to assist. Proper movement is necessary not only for strengthening muscles, but also everyday activities and pain-free living.

You're only as strong as your weakest link. While not ideal, you may be able to compensate for a weakness early on in training. However, once you start placing progressively heavier loads on it, your risk of injury will increase. An experienced personal trainer can perform a movement assessment, evaluate your kinetic checkpoints, and work with you on corrective exercises to ensure you're moving safely and efficiently. For an expert assessment or more workouts like this, e-mail **Zachary Grady-Strange, CPT** (zachary@strangegainz.com).