

10 Functional Exercises

(and 3 ~~BADASS~~ Bodyweight-Only workouts that add to Your Years)

#1	Squats – Strengthen your legs and core while mimicking how you sit and stand.
#2	Lunges – Boost lower body strength and stability, great for walking, climbing, and balance.
#3	Step-Ups – Perfect for building power in your legs and making stairs feel like no big deal.
#4	Planks – Core power for days! Build strong abs and lower back stability.
#5	Push-Ups – Total upper body strength builder. Get those arms, chest, and shoulders ready for action.
#6	Glute Bridges – Strengthen those hips and glutes, which are key for walking, running, and even getting up off the floor.
#7	Bird Dogs – Improve your balance and core stability—hello, coordination!
#8	Mountain Climbers – A cardio and core combo that mimics running, climbing, and quick movements.
#9	Hip Hinge (Good Mornings) – Essential for bending and lifting with a strong, safe back.
#10	Side Lunges – Great for lateral movement and hip mobility—think getting in and out of a car or side-stepping obstacles.
Pro tip: Try these moves in a Tabata format! That's 20 seconds of all-out effort followed by 10 seconds of rest, repeated for 8 rounds (4 minutes per exercise). It's an efficient way to blast calories and boost endurance while staying joint-friendly	
PROACTIVE AGING BADASSES	
DO THE WORK!	

Rick Sherrell. National Academy of Sports Medicine Certified Personal Trainer. Online Proactive Aging Coach. Strength Training. Boxing For Fitness. Corrective Exercise Therapy. Senior Fitness. Golf Fitness.

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Workout 1: Beginner Functional Workout

Solid ~~BADASS~~ Foundation

Functional workouts focus on movements that mimic everyday activities, enhancing strength, stability, and mobility. Here are three progressively challenging workouts using functional exercises.

Perform each exercise for 30 seconds with 20 seconds rest between moves. Repeat the circuit 2-3 times.

1. **Bodyweight Squats**

Focus: Keep chest lifted and knees tracking over your toes.

2. **Step-Ups (Low Step)**

Pro tip: Use a sturdy surface 8-12 in. high; alternate legs.

3. **Standing Knee Lifts**

Focus: Engage your core and lift knees to waist height.

4. **Wall Push-Ups**

Pro tip: Keep your body straight, push through your palms.

5. **Standing Side Reaches**

Focus: Stretch sideways to engage obliques and improve balance.

Final Tips

- Warm up before starting. March in place, perform arm circles, or do light dynamic stretches.
- Focus on proper form over speed, especially in advanced exercises.
- Cool down with stretching to improve flexibility and prevent soreness.

Stay consistent, and these workouts will enhance your everyday strength, balance, and agility!

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Workout 2: Intermediate Functional Workout

BADASS Strength & Stability

Functional workouts focus on movements that mimic everyday activities, enhancing strength, stability, and mobility. Here are three progressively challenging workouts using functional exercises.

Perform each exercise for 40 seconds with 15 seconds rest. Repeat the circuit 3-4 times.

1. **Squats to Chair Sit-Stand**

Focus: Tap chair with your glutes at the bottom for control.

2. **Step-Ups with Knee Drive**

Pro tip: Add knee lift at the top for balance/core activation.

3. **Incline Push-Ups**

Focus: Use low surface like bench to build upper body strength.

4. **Lunges with Arm Reach**

Pro tip: Step forward, reach arms up for added stretch.

5. **Plank to Knee Tap**

Focus: From a plank, alternate tapping knees to the floor.

Final Tips

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- Focus on proper form over speed, especially in advanced exercises.
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Workout 3: Advanced Functional Workout (Badassery Mastery)

BADASS Functional Power

Functional workouts focus on movements that mimic everyday activities, enhancing strength, stability, and mobility. Here are three progressively challenging workouts using functional exercises.

Perform each exercise for 50 seconds with 10 seconds rest. Repeat the circuit 4-5 times.

1. **Squats with Overhead Reach**

Pro tip: Hold light weight overhead for added intensity.

2. **Step-Ups with Dumbbell Carry**

Focus: Hold weight in one hand to challenge core stability.

3. **Push-Ups to Side Plank**

Pro tip: Rotate into a side plank after each push-up.

4. **Reverse Lunges with Twist**

Focus: Hold a light weight and twist toward the front leg.

5. **Plank with Shoulder Taps**

Pro tip: Keep hips stable and alternate tapping shoulders.

Final Tips

- Warm up before starting. March in place, perform arm circles, or do light dynamic stretches.
- Focus on proper form over speed, especially in advanced exercises.
- Cool down with stretching to improve flexibility and prevent soreness.

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