

Functional Gym 8 Week Workout Plan

Disclaimer

You should always consult with a medical professional before beginning any exercise program. Furthermore, these free programs are not intended to diagnose, treat, or cure any condition or disease. Utilising the information within this program is at the sole choice and risk of the reader. If you engage in these exercise programs, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the author from any and all claims or causes of action, known or unknown, arising out of the contents of these programs. The author advises you to take full responsibility for your safety and to know your limits. Before practising the skills described in the workout section, the author recommends to consult with a personal trainer in person, to properly assess and advise correct form to prevent potential injuries occurring.

<p>This 8-week plan is a slightly simplified version of the workout plan that's included in my Strength & Muscle Building Program</p>	<p>Before you begin, please take some progress pictures, give it your ALL and see the incredible transformation you're capable of!</p>
<p style="text-align: center;">SHOP LINK</p>	

Week 1

UPPER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Chest Press Machine	3	10-12	2-3		Either pin or plated chest press machine is fine. Seat height positioned so handles are slightly below shoulder level.
Shoulder Press Machine	3	10-12	2-3		Ensure seat position allows handles to sit around ear-level.
Lateral Pulldown Machine	3	10-12	3		Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using momentum.
Cable Seated Row	3	10-12	3		Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward each rep.
Alternating Dumbbell Bicep Curls	3	10-12	1-2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Tricep Cable Rope Pushdown	3	10-12	1-2		Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum.

LOWER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Leg Press Machine	3	10-12	2-3		Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low.
Barbell Squat	4	10-12	3		Position feet slightly wider than shoulder width. Aim for 90° bend in the knees. Push through heels to prevent them lifting.
Leg Curl Machine	3	10-12	2		Focus on the mind-to-muscle connection, engaging your hamstrings each repetition.
Leg Extension Machine	2	10-12	2		Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest.
Abductor Machine	3	10-14	2		Position knees as close together as possible and engage your glutes to move your legs outwards. Add a 1 sec pause if you can.
Calf Raises	3	10-15	2		Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow and controlled.

CARDIO #1

EXERCISE	TIME	SPEED/LEVEL	DISTANCE	KEY POINTS
10% Incline Treadmill Walking	15 Min			Set your own speed and note down the distance covered.
Stair Master	10 Min			Stair master can be swapped to cardio of your choice if your gym does not have. Remember to push through your heels when climbing.

Week 2

UPPER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Chest Press Machine	3	10-12	2-3		Either pin or plated chest press machine is fine. Seat height positioned so handles are slightly below shoulder level.
Shoulder Press Machine	3	10-12	2-3		Ensure seat position allows handles to sit around ear-level.
Lateral Pulldown Machine	3	10-12	3		Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using momentum.
Cable Seated Row	3	10-12	3		Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward each rep.
Alternating Dumbbell Bicep Curls	3	10-12	1-2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Tricep Cable Rope Pushdown	3	10-12	1-2		Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum.

LOWER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Leg Press Machine	3	10-12	2-3		Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low.
Barbell Squat	4	10-12	3		Position feet slightly wider than shoulder width. Aim for 90° bend in the knees. Push through heels to prevent them lifting.
Leg Curl Machine	3	10-12	2		Focus on the mind-to-muscle connection, engaging your hamstrings each repetition.
Leg Extension Machine	2	10-12	2		Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest.
Abductor Machine	3	10-14	2		Position knees as close together as possible and engage your glutes to move your legs outwards. Add a 1 sec pause if you can.
Calf Raises	3	10-15	2		Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow and controlled.

CARDIO #1

EXERCISE	TIME	SPEED/ LEVEL	DISTANCE	KEY POINTS
10% Incline Treadmill Walking	15 Min			Set your own speed and note down the distance covered.
Stair Master	10 Min			Stair master can be swapped to cardio of your choice if your gym does not have. Remember to push through your heels when climbing.

Week 3

LOWER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Leg Press Machine	3	10-12	2-3		Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low.
Barbell Squat	4	10-12	3		Position feet slightly wider than shoulder width. Aim for 90° bend in the knees. Push through heels to prevent them lifting.
Leg Curl Machine	3	10-12	2		Focus on the mind-to-muscle connection, engaging your hamstrings each repetition.
Leg Extension Machine	2	10-12	2		Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest.
Abductor Machine	3	10-14	2		Position knees as close together as possible and engage your glutes to move your legs outwards. Add a 1 sec pause if you can.
Calf Raises	3	10-15	2		Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow and controlled.

UPPER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Chest Press Machine	3	10-12	2-3		Either pin or plated chest press machine is fine. Seat height positioned so handles are slightly below shoulder level.
Shoulder Press Machine	3	10-12	2-3		Ensure seat position allows handles to sit around ear-level.
Lateral Pulldown Machine	3	10-12	3		Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using momentum.
Cable Seated Row	3	10-12	3		Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward each rep.
Alternating Dumbbell Bicep Curls	3	10-12	1-2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Tricep Cable Rope Pushdown	3	10-12	1-2		Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum.

FULL BODY + CARDIO

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Chest Fly Machine/ Cable Flys	3	10-12	2		If cable fly: keep elbows slightly bent and fixed, stand forward so your arms are getting pulled back slightly each rep.
Kettlebell Swings	3	8-15	3		Keep your back straight throughout. Swing the kettlebell up to shoulder height and no more, bend legs on decent pushing through heels.
Cable Leg Kickbacks/Kneeling Glute Kickbacks	3	8-15	2		Cable ankle attachment is needed. If not then do kneeling kickbacks with no weight. Focus on engaging the glutes to move your leg each rep.
Sit Ups/Ab Crunch Machine	3	8-15	2-3		Legs at 90°. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.
Plank	2	20SEC	2-3		Remain in a straight body position, don't let hips dip too low.
EXERCISE	TIME	SPEED/ LEVEL	DISTANCE		KEY POINTS
Stair Master	15 Min				Stair master can be swapped to cardio of your choice if your gym does not have. Remember to push through your heels when climbing.

Week 4

LOWER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Leg Press Machine	3	10-12	2-3		Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low.
Barbell Squat	4	10-12	3		Position feet slightly wider than shoulder width. Aim for 90° bend in the knees. Push through heels to prevent them lifting.
Leg Curl Machine	3	10-12	2		Focus on the mind-to-muscle connection, engaging your hamstrings each repetition.
Leg Extension Machine	2	10-12	2		Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest.
Abductor Machine	3	10-14	2		Position knees as close together as possible and engage your glutes to move your legs outwards. Add a 1 sec pause if you can.
Calf Raises	3	10-15	2		Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow and controlled.

UPPER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Chest Press Machine	3	10-12	2-3		Either pin or plated chest press machine is fine. Seat height positioned so handles are slightly below shoulder level.
Shoulder Press Machine	3	10-12	2-3		Ensure seat position allows handles to sit around ear-level.
Lateral Pulldown Machine	3	10-12	3		Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using momentum.
Cable Seated Row	3	10-12	3		Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward each rep.
Alternating Dumbbell Bicep Curls	3	10-12	1-2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Tricep Cable Rope Pushdown	3	10-12	1-2		Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum.

FULL BODY + CARDIO

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Chest Fly Machine/ Cable Flys	3	10-12	2		If cable fly: keep elbows slightly bent and fixed, stand forward so your arms are getting pulled back slightly each rep.
Kettlebell Swings	3	8-15	3		Keep your back straight throughout. Swing the kettlebell up to shoulder height and no more, bend legs on decent pushing through heels.
Cable Leg Kickbacks/Kneeling Glute Kickbacks	3	8-15	2		Cable ankle attachment is needed. If not then do kneeling kickbacks with no weight. Focus on engaging the glutes to move your leg each rep.
Sit Ups/Ab Crunch Machine	3	8-15	2-3		Legs at 90°. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.
Plank	2	20SEC	2-3		Remain in a straight body position, don't let hips dip too low.
EXERCISE	TIME	SPEED/ LEVEL	DISTANCE		KEY POINTS
Stair Master	15 Min				Stair master can be swapped to cardio of your choice if your gym does not have. Remember to push through your heels when climbing.

**You're doing great! It's now time to up the intensity,
I hope you're ready for the challenge!**

Week 5

LOWER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Leg Press Machine	3	10-12	2-3		Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low.
Barbell Squat	4	10-12	3		Position feet slightly wider than shoulder width. Aim for 90° bend in the knees. Push through heels to prevent them lifting.
Dumbbell Romanian Deadlifts	3	10-14	2		Slight bend in the knees, keep a straight back while lowering and pushing hips back, if no stretch in the hamstrings, straighten your legs.
Leg Extension Machine	2	10-12	2		Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest.
Abductor Machine	3	10-14	2		Position knees as close together as possible and engage your glutes to move your legs outwards. Add a 1 sec pause if you can.
Calf Raises	3	10-15	2		Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow and controlled.

UPPER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Incline Dumbbell Press	3	10-12	2-3		Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you.
Lateral Pulldown Machine	3	10-12	3		Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using momentum.
Dumbbell Lateral Raises	3	10-15	2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Cable Seated Row	3	10-12	3		Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward each rep.
Alternating Dumbbell Bicep Curls	3	10-12	1-2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Tricep Cable Rope Pushdown	3	10-12	1-2		Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum.

FULL BODY + CARDIO

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Chest Fly Machine/ Cable Flys	3	10-12	2		If cable fly: keep elbows slightly bent and fixed, stand forward so your arms are getting pulled back slightly each rep.
Kettlebell Swings	3	8-15	3		Keep your back straight throughout. Swing the kettlebell up to shoulder height and no more, bend legs on decent pushing through heels.
Cable Leg Kickbacks/Kneeling Glute Kickbacks	3	8-15	2		Cable ankle attachment is needed. If not then do kneeling kickbacks with no weight. Focus on engaging the glutes to move your leg each rep.
Leg Raises	3	8-15	2-3		Lying down with hands under your bum, engage your abs to lift your straight legs up. Hands slightly outwards increases intensity.
Plank	2	20SEC	2-3		Remain in a straight body position, don't let hips dip too low.
EXERCISE	TIME	SPEED/ LEVEL	DISTANCE		KEY POINTS
Stair Master	15 Min				Stair master can be swapped to cardio of your choice if your gym does not have. Remember to push through your heels when climbing.

Week 6

LOWER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Leg Press Machine	3	10-12	2-3		Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low.
Barbell Squat	4	10-12	3		Position feet slightly wider than shoulder width. Aim for 90° bend in the knees. Push through heels to prevent them lifting.
Dumbbell Romanian Deadlifts	3	10-14	2		Slight bend in the knees, keep a straight back while lowering and pushing hips back, if no stretch in the hamstrings, straighten your legs.
Leg Extension Machine	2	10-12	2		Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest.
Abductor Machine	3	10-14	2		Position knees as close together as possible and engage your glutes to move your legs outwards. Add a 1 sec pause if you can.
Calf Raises	3	10-15	2		Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow and controlled.

UPPER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Incline Dumbbell Press	3	10-12	2-3		Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you.
Lateral Pulldown Machine	3	10-12	3		Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using momentum.
Dumbbell Lateral Raises	3	10-15	2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Cable Seated Row	3	10-12	3		Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward each rep.
Alternating Dumbbell Bicep Curls	3	10-12	1-2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Tricep Cable Rope Pushdown	3	10-12	1-2		Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum.

FULL BODY + CARDIO

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Chest Fly Machine/ Cable Flys	3	10-12	2		If cable fly: keep elbows slightly bent and fixed, stand forward so your arms are getting pulled back slightly each rep.
Kettlebell Swings	3	8-15	3		Keep your back straight throughout. Swing the kettlebell up to shoulder height and no more, bend legs on decent pushing through heels.
Cable Leg Kickbacks/Kneeling Glute Kickbacks	3	8-15	2		Cable ankle attachment is needed. If not then do kneeling kickbacks with no weight. Focus on engaging the glutes to move your leg each rep.
Leg Raises	3	8-15	2-3		Lying down with hands under your bum, engage your abs to lift your straight legs up. Hands slightly outwards increases intensity.
Plank	2	20SEC	2-3		Remain in a straight body position, don't let hips dip too low.
EXERCISE	TIME	SPEED/ LEVEL	DISTANCE	KEY POINTS	
Stair Master	15 Min			Stair master can be swapped to cardio of your choice if your gym does not have. Remember to push through your heels when climbing.	

Week 7

LOWER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Leg Press Machine	3	10-12	2-3		Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low.
Barbell Squat	4	10-12	3		Position feet slightly wider than shoulder width. Aim for 90° bend in the knees. Push through heels to prevent them lifting.
Dumbbell Romanian Deadlifts	3	10-14	2		Slight bend in the knees, keep a straight back while lowering and pushing hips back, if no stretch in the hamstrings, straighten your legs.
Leg Extension Machine	2	10-12	2		Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest.
Abductor Machine	3	10-14	2		Position knees as close together as possible and engage your glutes to move your legs outwards. Add a 1 sec pause if you can.
Calf Raises	3	10-15	2		Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow and controlled.

UPPER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Incline Dumbbell Press	3	10-12	2-3		Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you.
Lateral Pulldown Machine	3	10-12	3		Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using momentum.
Dumbbell Lateral Raises	3	10-15	2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Cable Seated Row	3	10-12	3		Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward each rep.
Alternating Dumbbell Bicep Curls	3	10-12	1-2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Tricep Cable Rope Pushdown	3	10-12	1-2		Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum.

FULL BODY + CARDIO

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Chest Fly Machine/ Cable Flys	3	10-12	2		If cable fly: keep elbows slightly bent and fixed, stand forward so your arms are getting pulled back slightly each rep.
Kettlebell Swings	3	8-15	3		Keep your back straight throughout. Swing the kettlebell up to shoulder height and no more, bend legs on decent pushing through heels.
Cable Leg Kickbacks/Kneeling Glute Kickbacks	3	8-15	2		Cable ankle attachment is needed. If not then do kneeling kickbacks with no weight. Focus on engaging the glutes to move your leg each rep.
Leg Raises	3	8-15	2-3		Lying down with hands under your bum, engage your abs to lift your straight legs up. Hands slightly outwards increases intensity.
Plank	2	20SEC	2-3		Remain in a straight body position, don't let hips dip too low.
EXERCISE	TIME	SPEED/ LEVEL	DISTANCE		KEY POINTS
Stair Master	15 Min				Stair master can be swapped to cardio of your choice if your gym does not have. Remember to push through your heels when climbing.

Week 8

LOWER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Leg Press Machine	3	10-12	2-3		Feet slightly more than shoulder width apart. Foot placement should be in the middle of the machine, not too high or low.
Barbell Squat	4	10-12	3		Position feet slightly wider than shoulder width. Aim for 90° bend in the knees. Push through heels to prevent them lifting.
Dumbbell Romanian Deadlifts	3	10-14	2		Slight bend in the knees, keep a straight back while lowering and pushing hips back, if no stretch in the hamstrings, straighten your legs.
Leg Extension Machine	2	10-12	2		Ensure there is no gap between the back of your leg and the seat. Slow and controlled movement, no bouncing of the leg rest.
Abductor Machine	3	10-14	2		Position knees as close together as possible and engage your glutes to move your legs outwards. Add a 1 sec pause if you can.
Calf Raises	3	10-15	2		Can use bodyweight, calf raise machine, smith machine or bottom of leg press machine. Heels to dip lower than toes, slow and controlled.

UPPER

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
Incline Dumbbell Press	3	10-12	2-3		Squeeze shoulder blades, arching your back slightly. Elbows should be at a 45° angle in front of you.
Lateral Pulldown Machine	3	10-12	3		Wide grip, further than shoulder width apart. Pull down using minimal bicep force. Do not lean back too much using momentum.
Dumbbell Lateral Raises	3	10-15	2		Slight bend in the arms. Keep a straight back remaining steady, do not allow momentum to influence the movement.
Cable Seated Row	3	10-12	3		Close grip attachment. Keep elbows low and pull from your back with minimal use of biceps. Allow arms to fully extend forward each rep.
Alternating Dumbbell Bicep Curls	3	10-12	1-2		Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Tricep Cable Rope Pushdown	3	10-12	1-2		Keep elbows fixed at your sides during the movement. Have a wide stance and engage core to reduce any momentum.

FULL BODY + CARDIO

EXERCISE	SETS	REPS	REST (MIN)	WEIGHT	KEY POINTS
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Kettlebell Swings	3	8-15	3		Keep your back straight throughout. Swing the kettlebell up to shoulder height and no more, bend legs on decent pushing through heels.
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Leg Raises	3	8-15	2-3		Lying down with hands under your bum, engage your abs to lift your straight legs up. Hands slightly outwards increases intensity.
Plank	2	20SEC	2-3		Remain in a straight body position, don't let hips dip too low.
EXERCISE	TIME	SPEED/LEVEL	DISTANCE		KEY POINTS
Stair Master	15 Min				Stair master can be swapped to cardio of your choice if your gym does not have. Remember to push through your heels when climbing.

Congratulations on completing the workout plan!

I hope you've taken some progress pictures, tag me on socials and let me see your progress!

#FitManMode

<https://linktr.ee/ryannetteship>