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Luke's Functional Training For Beginners

Exercise	Reps, Sets & Structure	Weight	Notes
Kettlebell Goblet Squat	5mins – 30 seconds of work // 30 seconds rest.	1 x Kettlebell (8 – 16kg)	Watch demo: https://youtu.be/QSWAmN3A-pw
Kettlebell Swing	5mins – 30 seconds of work // 30 seconds rest	1 x Kettlebell (8 – 16kg)	Watch demo: https://youtu.be/fH-Aymck1O8
Bodyweight Row	6mins – perform as many sets to failure within that time. Rest 1 minute between sets.	Bodyweight	Watch demo: https://youtu.be/_tJ1cBkikyw *Can be performed using a bar, a TRX suspension trainer or rings.
'L' Shoulder Press	3 sets of 8-10 reps. Rest 60-90 seconds between sets.	2 x Dumbbells (pick weights that are challenging for the final few reps of each set but do not cause you to lose form)	Watch demo: https://youtu.be/eVc15qgzO8c
Intervals on Spin Bike	9 mins – 60 seconds of work // 30 seconds rest	Pick a resistance for the work periods that is approximately double the resistance for your rest periods.	Aim for 60+ RPM (rotations per minute) for work periods. Aim for 40 RPM (rotations per minute) for rest periods.