



Cristiano Starling PT



Functional Strength Programing

The Objective of this programming in the following weeks is to focus the development of essential skills for our members to achieve better moment standards through the methodology of crossfit

Day 1. monday

WarmUp: 5 to 8 rounds of Ankle Hip drill + 3 per side cosaque squat with the barbell

Exercise	SETS	Reps	Weight	Link
1 SQUAT Emom 3 x 10 superset with 2	10	2	Max weights for sets	
2 Chin up superset with 4	3	8	Max weight for sets	
3 Prone Snow angels (without the bar of the exemple in the video)	3	15	1,25 Kg , 2,5 Kg	https://www.youtube.com/watch?v=ijr9vR9QLIM



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Day 2 . Wednesday

Warm up complex times:

5 sets: 2x 20 Elastic Chicken Wing Drill, 2x 20 elastic flyes + 20 empty bb Bench press

Exercise	SETS	Reps	Weight	Link
1 Bench Press superset with 2	10	2	Max weights for sets	
2 30 sec hang	10	1	BW	
3 Bent over rows superset with 4	4	6	BW	
4 Hollow Hold	4	40 sec	BW	
5 Barbell Rollout	3	8		



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Day 3 . Thursday

Warm up complex times:

8 sets: squat, ankle, ankle, lift squat drill + Hip air plane

Squat University: <https://www.youtube.com/watch?v=pCEpclo-O4I>

Exercise	SETS	Reps	Weight	Link
1 Superset with 2_ Bulgarian Split squats	EMOM 3 X 5	8	DB/KTL 10/10 _ 15/15	How To: B...
2_ KTL SL Romanian DL	5	8	DB/KTL 10/10 _ 15/15	The BEST S...
3_ OverHead squat with weight on elastic	Emom 2.5 X 4	8	Max 10 Kg per side	https://www.youtube.com/watch?v=tu_sDFgBPq8
4_ GHD SIT UP	3	10		
5_ PALLOFF press	3	8/8		
6_ KTL SIDE BEND	3	10/10		

EXERCISES 4 , 5 & 6 in a row, EMOM X 12. Every 4th minute rest



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Day 4 . Friday

Warm up complex times:

5 sets: 5 sets: squat, ankle, ankle, lift squat drill + 20 empty bb Good Mornings

Squat University: <https://www.youtube.com/watch?v=pCEpclo-04I>

Exercise	SETS	Reps	Weight	Link
1 Deadlift	10	2	Max weights for sets	
2 Shoulder press Superset 3	3	6	RIR 2	
3 Pull UP	3	4-8	RIR 2	
4 Last person standing Toni curl (bicep curl until the DB touches the forehead)	1	AMRAP	10/10 - 15-15	