

# 4 DAY FUNCTIONAL TRAINING PLAN TO GET STRONG

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I've shared the ultimate 4-day program that will help you enhance your lifting, promote muscle gain, build a muscular physique, and improve your functional fitness.

## Program Summary

Program Duration	12-15 Weeks
Sessions/week	Four
Workout Goal	Promote strength, endurance, and improve functional fitness
Routine Type	Full Body Split
Target Gender	Male and Female
Difficulty Level	Intermediate
Exercise Types	Bodyweight and Resistance Exercises
PDF Available	Yes (at the bottom)

## 4 Day Functional Training Plan to Enhance Your Fitness

In this program, I've shared the complete three-week schedule, which you can repeat three to five times to see visible results.

You can make the desired changes to this program as per your fitness level.

Do five minutes of warm-up before starting the main workout. Warming up helps increase body temperature and heart rate, stimulate the entire body and major biomechanical functions, and prepare the body for intense training.

**Note:** Pairing this workout schedule with a [healthy diet plan](#) will help you reach your fitness goal quickly. Without proper nutrition, you may not be able to utilize this program efficiently.

## Week 1 – Mighty Eight, Noble Nine, Bear Complex, and The Hundred

- **Day 1** – Mighty Eight
- **Day 2** – Noble Nine
- **Day 3** -Bear Complex
- **Day 4** – The Hundred

Monday	Tuesday	Thursday	Fri/Sat
8 Back Squats	9 Bar Dips	1 Power clean	100 Burpees
8 Thrusters	9 Pull-ups	1 Front Squat	100 Sit-Ups
8 <a href="#">Prone Row</a>	9 Push-ups	1 Push Press	100 Shoulder Taps
8 Knee Raises	9 Sit-ups	1 Back Squat	100 Lunges (50/leg)
8 rounds	9 rounds	1 Push Press	For time

### Instructions:

- **Bear Complex:** Perform one rep of the below exercises seven times without dropping or leaving the bar on the ground to complete one round. And do a total of five rounds.

## Week 2 – Formidable Five, BB Complex, Four-ment, and Tenfold

- **Day 1** – Formidable Five
- **Day 2** – Barbell Complex
- **Day 3** – The Four-ment
- **Day 4** – Tenfold

Monday	Tuesday	Thursday	Fri/Sat
5 Weighted Pullups	10 Squat Cleans	10 Pull-ups	10 Burpees
5 Weighted Dips	10 Barbell Jammers	20 KB Swings	10 Air Squats
5 Weighted Pushups	10 Squat Thrusters	10 Devil Presses	10 Push-Ups
5 Standard Deadlifts	10 Pendlay Rows	20 <a href="#">Zercher Squats</a>	10 Sit-Ups

5 rounds for time	5 rounds for time	4 rounds for time	10 rounds
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### Instructions to perform the WODs:

- Formidable Five WOD requires you to perform five reps of four different compound lifts.
- The Four-ment is WOD, which involves performing four exercises using the four different pieces of equipment for four rounds.

## Week 3 – Ladder, Oscar, Super 30, and Fantastic Four

- **Day 1** – Mini Ladder
- **Day 2** – Oscar
- **Day 3** – Super 30
- **Day 4** – Fantastic Four

Monday	Tuesday	Thursday	Fri/Sat
9 Pull-Ups	9 <b>Devil Presses</b>	30 Air Squats	15 Back Squats
8 Deadlifts	20 Alternating DB Lunges	30 Pushups	15 KB Swings
7 Toes to Bar	9 DB Push Presses	30 Sit-ups	15 Bench Press
6 Thrusters	20 Sit-Ups	30 DB Rows (15/arm)	15 Pendlay Rows
Time: 30 mins	AMRAP in 23 minutes	3 rounds for time	4 rounds

**Note:** Here, OTB means Over The Bar, and AMRAP means As Many Rounds As Possible.

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