
ViPR PRO
FUNCTIONAL STRENGTH
BeUnbreakable

CHAPTER 4

PROGRAMMING

PROGRAMMING

HOW TO IMPLEMENT FUNCTIONAL STRENGTH

FUNCTIONAL STRENGTH

COMPONENTS REVIEW

FIVE EXERCISE PATTERNS

ViPR PRO STRENGTH TYPES

VIPR PRO ACTIONS

FUNCTIONAL STRENGTH

COMPONENTS

FIVE EXERCISE PATTERNS

- SQUAT
- PRESS
- LUNGE
- CORE
- ROTATION

ViPR PRO STRENGTH TYPES

VIPR PRO ACTIONS

FUNCTIONAL STRENGTH

COMPONENTS

FIVE EXERCISE PATTERNS

MAXIMAL & RELATIVE

ViPR PRO STRENGTH TYPES

- ODD POSITION
- DEAD
- ENDURANCE
- AGILE

VIPR PRO ACTIONS

FUNCTIONAL STRENGTH

COMPONENTS

FIVE EXERCISE PATTERNS

ViPR PRO STRENGTH TYPES

VIPR PRO ACTIONS

- PREPOSITION
- TILT
- PICK UP
- CYLINDER

FUNCTIONAL STRENGTH

PROGRAMMING OPTIONS

FUNCTIONAL STRENGTH

THREE PROGRAMMING OPTIONS

EXERCISE LIBRARY

STRENGTH CIRCUIT

ADD ONS

FUNCTIONAL STRENGTH

OPTION 1

EXERCISE LIBRARY

SELECT ANY EXERCISE FROM THE LIBRARY AND USE IT IN YOUR PROGRAMMING

STRENGTH CIRCUIT

ADD ONS

FUNCTIONAL STRENGTH

OPTION 2

EXERCISE LIBRARY

STRENGTH CIRCUIT

SELECT ONE EXERCISE FROM EACH PATTERN AND PERFORM AS A STRENGTH CIRCUIT

ADD ONS

FUNCTIONAL STRENGTH

AN EXAMPLE OF A CIRCUIT

FUNCTIONAL STRENGTH

ACUTE VARIABLES

1

30s each side / 6-10 repetitions

2

30s each side / 6-10 repetitions

3

30s each side / 6-10 repetitions

4

30s alternate drags / 6-10 repetitions

5

60 alternate tilt
10-20 repetitions

FUNCTIONAL STRENGTH

OPTION 3

EXERCISE LIBRARY

STRENGTH CIRCUIT

ADD ONS

ADD ANY EXERCISE (S) TO YOUR EXISTING STRENGTH ROUTINE

FUNCTIONAL STRENGTH

EXAMPLE 1: UPPER & LOWER BODY FOCUS

PUSH UPS

+

PREPOSITION LUNGE

FUNCTIONAL STRENGTH

EXAMPLE 2: WHOLE-BODY SUPERSET

BARBELL DEADLIFT

+

LATERAL LUNGE, REACH

FUNCTIONAL STRENGTH

EXAMPLE 3: PUSH/LOWER BODY/PULL TRI-SET

1 VERTICAL PRESS

2 LATERAL LUNGE

3 PLANK DRAG

FUNCTIONAL STRENGTH

PROGRAMMING SUMMARY

EXERCISE LIBRARY — SELECT ANY EXERCISE FROM THE LIBRARY AND USE IT IN YOUR PROGRAMMING

STRENGTH CIRCUIT — SELECT ONE EXERCISE FROM EACH PATTERN AND PERFORM AS A STRENGTH CIRCUIT

ADD ONS — ADD ANY EXERCISE (S) TO YOUR EXISTING STRENGTH ROUTINE