



FUNCTIONAL BODYBUILDING

## SINGLE LEG + UPPER VERTICAL PUSH, VOLUME ONE

### EXERCISE SELECTION 8 WEEK TRAINING TEMPLATE

#### How to Use This Program

These workouts accompany Volume One of Single Leg and Upper Vertical Push, from the Functional Bodybuilding Exercise Selection program. They will show you how to incorporate and pair the movements into a weekly progression that you can add on to your existing training program in place of your usual workout, or use as is. Build your unilateral strength, unlock better range of motion, and gain a deeper understanding of how to use and practice the movements you've been learning about. These workouts will take around 45-60 minutes each and can be performed 2-3x per week in succession until completed.

For more information on Functional Bodybuilding Exercise Selection, visit [revival-strength.com](https://revival-strength.com).

# WARMUP + MOBILITY

Choose one of the warmups below, incorporating the mobility work from each volume or another upper/lower mobility movement of your choice.

## 1. BLOOD FLOW + Dynamic Range of Motion

3-4 sets:

Goblet Squat; 30X0; 8-10reps

Quadruped Crawl; 25' forward/25' backwards

Jump Rope Single Unders; 50-75reps

## 2. BLOOD FLOW + Dynamic Range of Motion

3-4 sets:

Row 200m

10 Banded Face Pulls; 20X0

30 Sec Wall Deadbugs

## 3. BLOOD FLOW + MOBILITY FOCUS

5mins Blood Flow - Assault Bike, Row, or Run

+

1 Upper Mobility Movement - 4mins

1 Lower Mobility Movement - 4mins

## 4. 8-10min Mobilization Finisher

1 Upper Mobility Movement - 4-5mins

1 Lower Mobility Movement - 4-5mins

# WEEKS 1 + 2

## Week 1, Workout 1:

**A1)** Bodyweight Lateral Box Step Down  
20X1; 8-10 reps/leg (LOW BOX); rest 45sec x 3 sets

**A2)** Side Plank  
30-40sec/side; rest 45sec x 3 sets

**A3)** Powell Raise  
3111; 6-8/arm; rest 90sec x 3 sets

**B1)** Seated Single Arm Landmine Press  
4121; 6reps/arm; rest 45sec x 3 sets

**B2)** Dual Kettlebell Rack Split Stance Isometric  
30sec Hold/leg; rest 45sec x 3 sets

**B3)** Passive Ring Hangs  
30-40sec Hang; rest 90sec x 3

## Week 1, Workout 2:

**A1)** Plate Loaded Curtsy Step Down  
30X1; 6-8 reps/leg; rest 45sec x 3 sets  
\*if you are not feeling confident to load this yet you can perform at bodyweight.

**A2)** Single Arm Landmine Press  
4121; 6reps/arm; rest 45sec x 3 sets

**A3)** Glute Bridge Dumbbell Floor Press  
2020; 7-10reps; rest 90sec x 3 sets

**B1)** Seated Single Arm Dumbbell Press  
3111; 6-8/arm; rest 45sec x 3 sets

**B2)** Single Arm Farmers Carry  
20m/arm; rest 45sec x 3 sets

**B3)** Tuck L-Hang from Rings  
20-30sec; rest 90sec x 3 sets

## Week 2, Workout 1:

**A1)** Plate Front Loaded Lateral Box Step Down  
30X1; 6-8 reps/leg x 2 sets; 20X1 x 4-6 reps/leg x 1 set; rest 45sec

**A2)** Quadruped Plank Shoulder Taps  
12/side alternating; rest 45sec x 3 sets

**A3)** Banded Face Pulls  
3111; 8-10reps; rest 90sec x 3 sets

**B1)** Half Kneeling Single Arm Landmine Press  
31X1; 6-8reps/arm; rest 45sec x 3 sets

**B2)** Contralateral Kettlebell Overhead Split Stance Isometric  
40sec Hold/leg; rest 45sec x 3 sets

**B3)** Band Resisted Deadbugs  
45sec continuous controlled movement; rest 90sec x 3

## Week 2, Workout 2:

**A1)** Bodyweight Reactive Neuromuscular Training (RNT) Split Squat  
2121; 6-10reps/leg; rest 45sec x 3 sets  
\*stick to tempo and bodyweight for this week

**A2)** Seated Single Arm Arnold Press  
3111; 6-8reps/arm; rest 45sec x 3 sets

**A3)** Glute Bridge Dumbbell Floor Press  
2020; 7-10reps; rest 90sec x 3 sets

**B1)** Tall Kneeling Landmine Press  
2121; 6-8/arm; rest 45sec x 3 sets

**B2)** Incline Y Raise  
3111; 6-8reps; rest 45sec x 3 sets

**B3)** Prisoner Good Morning  
3020; 8-10reps; rest 90sec x 3 sets

## WEEKS 3 + 4

<p><b>Week 3, Workout 1:</b></p> <p><b>A1)</b> Bodyweight RNT Step up 31X1; 6-8reps (RX height of 3-4" below knee); rest 45sec x 4 sets *load last two sets suitcase style only if you are confident and moving well</p> <p><b>A2)</b> Quadruped Crawl 15m slow controlled movement; rest 45sec x 4 sets</p> <p><b>A3)</b> Three-Point Dumbbell Row 31X1; 6-8reps/arm; rest 90sec x 4 sets</p> <p><b>B1)</b> Single Arm Kettlebell Press 3111; 6-8reps/arm; rest 45sec x 4 sets</p> <p><b>B2)</b> Bodyweight Curtsy Squat 30X0; 8-10 reps/leg; rest 45sec x 4 sets</p> <p><b>B3)</b> Bar Dip Support 30-45sec hold; rest 90sec x 4</p>	<p><b>Week 3, Workout 2:</b></p> <p><b>A1)</b> Bodyweight RNT Reverse lunge 30X1; 6-8reps/leg; rest 45sec x 4 sets *load last two sets suitcase style only if you are confident and moving well</p> <p><b>A2)</b> Single Arm Bottoms Up KB Press 3111; 6-8reps/arm; rest 45sec x 4 sets</p> <p><b>A3)</b> Single Arm KB Rack Carry 30m/arm; rest 90sec x 4 sets</p> <p><b>B1)</b> Single Arm Landmine Press 3111; 6-8reps/arm; rest 45sec x 4 sets *heavier than week 1 *small movement regression to allow for overloading this week</p> <p><b>B2)</b> Supinated Grip Body Row 3020; 8-10reps; rest 45sec x 4 sets</p> <p><b>B3)</b> Single Arm Ring Row Hold 30sec/arm; rest 90sec x 4 sets</p>
<p><b>Week 4, Workout 1:</b></p> <p><b>A1)</b> Dumbbell Suitcase Step Down 30X1; 6-8reps (RX height of 3-4" below knee); rest 45sec x 4 sets</p> <p><b>A2)</b> Side Plank Rotations 2020 tempo; 10-12/side; rest 45sec x 4 sets</p> <p><b>A3)</b> Single Arm Dumbbell Row 2021; 6-8reps/arm; rest 90sec x 4 sets</p> <p><b>B1)</b> Seated Alternating DB Press Bottom Up 4111; 6reps/arm; rest 45sec x 4 sets</p> <p><b>B2)</b> Prisoner Tall Kneeling To Standing 8-10 reps/leg; rest 45sec x 4 sets *start on weaker leg first</p> <p><b>B3)</b> Mixed KB Rack Overhead Carry 20-30m/arm; rest 90sec x 4</p>	<p><b>Week 4, Workout 2:</b></p> <p><b>A1)</b> Dual Kettlebell Rack Step Down 30X1; 6-8 reps/leg; rest 45sec x 4 sets</p> <p><b>A2)</b> Alternating Kettlebell Press (Bottom Up) 3111; 6-8reps/arm; rest 45sec x 4 sets</p> <p><b>A3)</b> Kettlebell Side Plank 30sec/side; rest 90sec x 4 sets</p> <p><b>B1)</b> Half Kneeling Landmine Press 3111; 4-6reps/arm; rest 45sec x 4 sets *heavier than week 2 day 1</p> <p><b>B2)</b> Supinated Pull Up Negatives (6sec controlled lowering - jump back to top); 4-6reps; rest 45sec x 4 sets</p> <p><b>B3)</b> Banded Glute Bridge Hold 40-50sec Hold; rest 90sec x 4 sets</p>

## WEEKS 5 + 6

<p><b>Week 5, Workout 1:</b></p> <p><b>A)</b> Contralateral Kettlebell Rack RNT Split Squat 31X1; 4-6/leg; rest 2mins x 3 sets</p> <p><b>B1)</b> Dumbbell Hip Thrust 10X0; 15-20reps; rest 30sec x 4 sets</p> <p><b>B2)</b> See-Saw Dumbbell Row with Theraband 2121; 10-12reps; rest 90sec x 4 sets</p> <p><b>C1)</b> Filly Press 30X1; 4-6/arm; rest 30sec x 3 sets</p> <p><b>C2)</b> Bodyweight Reverse Lunge to Knee Lift 30X1; 6-8reps/leg; rest 30sec x 3 sets *start on weaker leg first</p> <p><b>C3)</b> Quadruped Crawl 20-30m slow and deliberate steps; rest 90sec x 3 sets</p>	<p><b>Week 5, Workout 2:</b></p> <p><b>A)</b> See-Saw Kettlebell Press 2121; 10-12reps; rest 2mins x 3 sets</p> <p><b>B1)</b> Goblet Tall Kneeling to Standing 8-10/leg; rest 30sec x 4 sets</p> <p><b>B2)</b> T-Bar Row 3112; 6-8reps; rest 90sec x 4 sets</p> <p><b>C1)</b> Tall Kneeling Landmine Press 3111; 4-6reps/arm; rest 30sec x 3 sets *heavier than week 2 day 2</p> <p><b>C2)</b> Supinated Strict Pull Up 3112; 4-6reps; rest 30sec x 3 sets *loaded if you can complete these easily at tempo</p> <p><b>C3)</b> Supinated Grip Romanian Deadlift 31X0; 8-10reps; rest 90sec x 3 sets</p>
<p><b>Week 6, Workout 1:</b></p> <p><b>A)</b> Contralateral KB Rack RNT Reverse Lunge 30X1; 4-6reps; rest 2mins x 3 sets</p> <p><b>B1)</b> Banded Kettlebell Sumo Romanian Deadlift 40X0; 6-10reps; rest 30sec x 4 sets</p> <p><b>B2)</b> Rope Pull To Standing 6-8reps; rest 90sec x 4 sets</p> <p><b>C1)</b> Seated Kettlebell Press 31X1; 4-6reps; rest 30sec x 3 sets</p> <p><b>C2)</b> Contralateral Single Arm KB Rack Curtsy Squat 30X1; 4-6reps/leg; rest 30sec x 3 sets</p> <p><b>C3)</b> Feet Elevated Plank 45-60sec; rest 90sec x 3 sets</p>	<p><b>Week 6, Workout 2:</b></p> <p><b>A)</b> Seated Arnold Press 31X1; 5-8reps/arm; rest 2mins x 3 sets</p> <p><b>B1)</b> Dumbbell Suitcase RNT Step Up 21X1; 4-6reps/side; rest 30sec x 4 sets</p> <p><b>B2)</b> Dumbbell Powell Raise 30X1; 8-10/arm; rest 90sec x 4 sets</p> <p><b>C1)</b> Alternating Dumbbell Press Top Down 30X1; 4-6reps/arm; rest 30sec x 3 sets</p> <p><b>C2)</b> Wide Grip Strict Pull Up 3112; 4-6reps; rest 30sec x 3 sets *loaded if you can complete these easily at tempo</p> <p><b>C3)</b> Single Arm Banded Kettlebell Romanian Deadlift 31X0; 6-8/arm; rest 90sec x 3 sets</p>

## WEEKS 7 + 8

### Week 7, Workout 1:

**A)** Kettlebell Suitcase Step Up  
41X1; 6-8reps x 2 sets; 21X1 - 4-6/leg x 1 set;  
rest 2mins

**B1)** Dumbbell Hip Thrust  
10X0; 15-20reps; rest 30sec x 4 sets

**B2)** See-Saw Dumbbell Row with Theraband  
2121; 10-12reps; rest 90sec x 4 sets

**C1)** Elevator Dumbbell Press  
30X1; 4-6/arm; rest 30sec x 3 sets

**C2)** DB Suitcase Reverse Lunge to Knee Lift  
30X1; 4-6reps/leg; rest 30sec x 3 sets  
\*start on weaker leg first

**C3)** Quadruped Crawl  
20-30m slow and deliberate steps; rest 90sec x 3

### Week 8, Workout 1:

**A)** Kettlebell Cross Body Step Up  
21X1; 4-6reps/leg; rest 2mins x 3 sets

**B1)** Barbell Hip Thrust  
20X1; 10-12reps; rest 30sec x 4 sets

**B2)** Kettlebell Cross Body Bent Over Row  
30X1; 8-10/arm; rest 90sec x 4 sets

**C1)** Eccentric Focus Single Arm Kettlebell Push Press  
30X1; 4-6/arm; rest 30sec x 3 sets

**C2)** Goblet Tall Kneeling to Standing  
20X0; 6-8reps/leg alternating legs; rest 30sec x 3 sets

**C3)** Dual Kettlebell Rack Carry  
30m slow and deliberate steps; rest 90sec x 3

### Week 7, Workout 2:

**A)** Landmine Push Press  
31X2; 6-8reps/arm; rest 2mins x 3 sets

**B1)** Ipsilateral Single arm KB Rack Lateral Box Step Up  
41X1; 6-8 reps x 2 sets; 21X1; 4-6 reps x 2 sets;  
rest 30sec

**B2)** T-Bar Row  
3112; 6-8reps; rest 90sec x 4 sets

**C1)** Kettlebell Press  
31X1; 4-6reps; rest 30sec x 3 sets

**C2)** Supinated Strict Pull Up  
41X1; 3-5reps; rest 30sec x 3 sets  
\*loaded if you can complete these easily at tempo

**C3)** Supinated Grip Romanian Deadlift  
30X0; 8-10reps; rest 90sec x 3 sets

### Week 8, Workout 2:

**A)** Kettlebell Push Press (bottom up)  
2121; 10-12reps; rest 2mins x 3 sets

**B1)** Ipsilateral Bottoms Up KB Overhead Step Up  
21X1; 8-10/leg; rest 30sec x 4 sets

**B2)** T-Bar Row  
3112; 6-8reps; rest 90sec x 4 sets

**C1)** Filly Press  
3111; 4-6reps/arm; rest 30sec x 3 sets  
\*heavier than week 2 day 2

**C2)** Wide Grip Strict Pull Ups  
3112; 4-6reps; rest 30sec x 3 sets  
\*loaded if you can complete these easily at tempo

**C3)** Supinated Grip Romanian Deadlift  
31X0; 8-10reps; rest 90sec x 3 sets