



FUNCTIONAL BODYBUILDING



## BASE CAMP

Get built, not burnt with 8 weeks of Functional Bodybuilding progressive training with a focus on strength and positions. Base Camp workouts are designed for minimal equipment and time (most workouts should take about an hour). These fun workouts (3x/week) include warmup, strength, and conditioning to help your motor patterns and movement quality improve. You get three versions of the program: one that includes barbells, and two other versions that load with dumbbells or kettlebells only so you can adapt your workouts to your equipment needs.

### SAMPLE WORKOUT

#### Warmup:

3 Sets:

6-8 Half Kneeling Single Arm Landmine Press @ 2111 tempo

12 Banded Monster Walks (forward and backward)

30sec Side Plank/side

rest as needed between sets

\* Landmine sub: Half Kneeling Single Arm KB or DB Press

## **Bend and Upper Push:**

### **A1) Barbell Z Press**

31X1\*; 8,7,6; rest 90sec

Or Single Arm Dumbbell or Kettlebell Z Press; 31X1; 8,7,6/arm; rest 90sec

\* *Tempo: 3 seconds down, hold 1 at the bottom, eXplode up, pause 1 second before next rep*

### **A2) Dumbbell Romanian Deadlift**

4111; 6-8reps; rest 90sec x 3 sets

*Superset A1 and A2, so alternate these three times before moving on.*

### **B1) Incline Dumbbell Bench Press (or Kettlebell)**

31X1; 6-8reps; rest 60sec x 3 sets

### **B2) Landmine Single Leg Romanian Deadlift**

31X1; 6-8reps/leg; rest 60sec x 3 sets

*Superset B1 and B2. Landmine sub: Single Arm Cross Body DB or KB Single Leg Romanian Deadlift, same tempo and rep scheme.*

### **C) 10mins Continuous Grind:**

5 Seated Box Jumps

10 Russian Kettlebell Swings

10 Tuck Ups

20sec Feet on Box Pike Handstand Hold

KB swing sub: 10 Alternating DB Power Snatch



Join us at <https://revival-strength.com/base-camp> for lifetime access to the program with our 30 day guarantee!