



Functional Foundations

Functional Fitness has been a buzz word in gym culture for many years now. The main driver behind the success and growing popularity of functional training is that it is exactly that...functional. **Functional training mimics how your body naturally moves in day-to-day life** and makes you stronger in those specific areas. Sure, building big giant aesthetically pleasing muscles is cool, but what you are left with at the end, is a body that looks good but does not feel good or move well. What if I told you, you can have the best of both worlds? You can look great AND feel great. If you follow this 10-week program you will built the functional foundational strength it takes to start transforming your body into the machine that it is. This program was made for **beginners to intermediate lifters looking for direction and a solid program to help build true foundational strength**. Lift heavy, move well, feel good!

Programmed by Trainer McKenna Abbott

[Download the Program](#)

