



NORTH TEXAS VITALITY

Dr. Thomas Fliedner

Functional Exercise Starter Plan

A three day routine that pairs with our functional medicine approach to support hormones, joints, and real-life strength.

What is functional exercise?

Train movement patterns you use in real life. Focus on quality of motion, joint stability, and strength that makes daily tasks easier.

- Squat: sit and stand with control
- Hinge: load the hips for safe lifting
- Lunge: step and lower with balance
- Push: press away from your body
- Pull: row or pull toward your body
- Carry: hold weight while walking upright
- Rotate or Anti-rotate: control rotation through your core

Training cues

- Warm up for 5 minutes with easy cardio or mobility.
- Use a weight that feels like 7 out of 10. Leave 1 to 2 reps in the tank.
- Rest 60 to 90 seconds between sets. Quality beats speed.
- Move smoothly through pain free ranges. Neutral spine on hinges and carries.

Day A

Exercise	Sets x Reps / Time
Goblet Squat	3 x 8–10
Half kneeling cable or band row	3 x 10–12
Hip hinge: KB deadlift or RDL	3 x 8
Suitcase carry	3 x 30–45 sec per side
Optional: easy cardio	8 minutes

Day B

Exercise	Sets x Reps / Time
Reverse lunge	3 x 8 per leg
Incline or floor push up	3 x 6–10
Pallof press	3 x 10 per side
Farmer carry	3 x 30–45 sec
Mobility: hips and T spine	5 minutes

Day C

Exercise	Sets x Reps / Time
Step up	3 x 8 per leg
One arm dumbbell row	3 x 10 per side
Hip hinge: KB swing or light deadlift	3 x 10
Overhead or rack carry	3 x 20–30 sec
Zone 2 cardio	15–25 minutes

Weekly rhythm

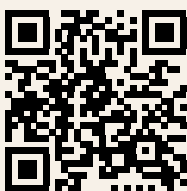
Aim for two strength days plus one optional day. Add short walks after meals or two to three Zone 2 sessions each week.

Quick add ons that amplify results

- Walk most days for 20 to 30 minutes at a conversational pace.
- Include protein at each meal. Creatine and vitamin D are often helpful.
- Sleep on a regular schedule in a dark, cool room.
- Use longer exhales between sets to calm the system.

Safety and modifications

- Knees: use box squats and reverse lunges. Shorten range if needed.
- Back: start with hinges to a wall, then kettlebell deadlifts. Keep a neutral spine.
- Shoulders: try elevated push ups or cable presses that feel smooth.
- Balance: train near a stable surface. Use split stance work before deep lunges.



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This handout supports general education. For a personalized plan, schedule a Movement and Metabolic Strategy Visit with our team.