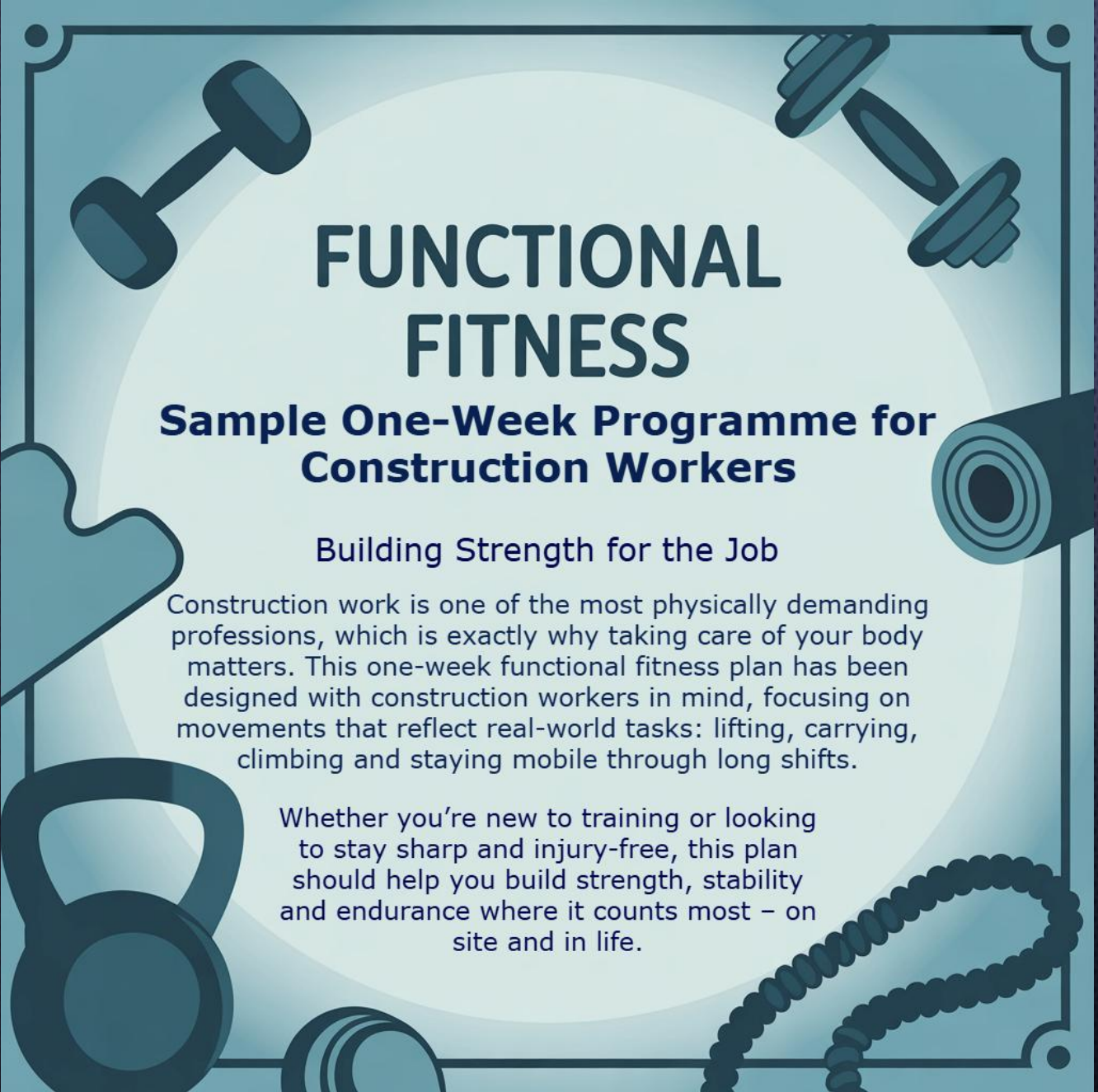


A poster titled 'FUNCTIONAL FITNESS' with a light blue background and a dark blue border. The border is decorated with various gym equipment icons: two dumbbells in the top corners, a kettlebell in the bottom left, a coiled rope in the bottom right, and a rolled-up mat on the right side. The title 'FUNCTIONAL FITNESS' is in large, bold, dark blue capital letters. Below it, the subtitle 'Sample One-Week Programme for Construction Workers' is in a smaller, bold, dark blue font. The main text is in a dark blue sans-serif font, and the footer text is in a smaller, dark blue sans-serif font.

FUNCTIONAL FITNESS

Sample One-Week Programme for Construction Workers

Building Strength for the Job

Construction work is one of the most physically demanding professions, which is exactly why taking care of your body matters. This one-week functional fitness plan has been designed with construction workers in mind, focusing on movements that reflect real-world tasks: lifting, carrying, climbing and staying mobile through long shifts.

Whether you're new to training or looking to stay sharp and injury-free, this plan should help you build strength, stability and endurance where it counts most – on site and in life.

Goal: Build strength, mobility, and stamina that directly support construction work, reducing injury risk and improving on-site performance

Schedule: 3–4 training days plus 2 active recovery days and 1 full rest day

Session length: 45–60 minutes each (adapt to your fitness level)



DAY 1 – FUNCTIONAL STRENGTH (LOWER BODY FOCUS)

WARM-UP:

- 5 MIN BRISK WALK OR LIGHT JOG
- DYNAMIC STRETCHES – LEG SWINGS, HIP CIRCLES AND ARM CIRCLES

MAIN SET:

- SQUATS – 3×10
- DEADLIFTS – 3×8
- FARMER'S CARRIES – 3×30 METRES
- STEP-UPS (ONTO A STURDY BOX OR STAIR) – 3×10 EACH LEG

CORE:

- FRONT PLANK – 3×30 SEC
- SIDE PLANKS – 3×20 SEC EACH SIDE

COOL-DOWN:

- HAMSTRING, HIP FLEXOR AND SHOULDER STRETCHES

DAY 2 – MOBILITY AND ENDURANCE

WARM-UP:

- 10 MIN LIGHT CARDIO (ROW, CYCLE OR BRISK WALK)

MAIN SET:

- KETTLEBELL SWINGS – 3×12
- LUNGES – 3×10 EACH LEG
- STEP-UPS – 3×10 EACH SIDE

CARDIO:

- 25–30 MIN STEADY-STATE CARDIO (JOGGING, CYCLING OR FAST WALKING)

MOBILITY/RECOVERY:

- FOAM ROLLING OR STRETCHING MAJOR MUSCLE GROUPS

DAY 3 – REST OF LIGHT ACTIVE RECOVERY

OPTIONS (IF CHOOSING ACTIVE RECOVERY):

- GENTLE WALK, MOBILITY WORK, YOGA OR LIGHT SWIMMING
- FOCUS ON HYDRATION, NUTRITION AND QUALITY SLEEP

DAY 4 – UPPER BODY AND CORE STRENGTH

WARM-UP:

- SHOULDER CIRCLES, ARM SWINGS AND LIGHT PUSH-UPS

MAIN SET:

- PUSH-UPS – 3 × 12
- PULL-UPS OR INVERTED ROWS – 3 × 8-10
- OVERHEAD PRESS (WITH DUMBBELLS OR RESISTANCE BANDS) – 3 × 10
- CARRY DRILLS (WITH WEIGHTED BAG) – 3 × 30 METRES

CORE:

- BIRD-DOGS – 3 × 10
- SIDE PLANKS – 3 × 30 SEC EACH

COOL-DOWN:

- UPPER BODY STRETCHES, ESPECIALLY CHEST AND SHOULDERS

DAY 5 – FUNCTIONAL CONDITIONING

WARM-UP:

- 5 MIN LIGHT CARDIO
- DYNAMIC MOBILITY (HIPS, SHOULDERS AND ANKLES)

MAIN CIRCUIT (3 ROUNDS, RESTING FOR 60–90 SECONDS BETWEEN ROUNDS):

- KETTLEBELL OR SANDBAG CLEAN AND PRESS – 10 REPS
- STEP-UPS – 10 EACH LEG
- PUSH-UPS – 12
- PLANK SHOULDER TAPS – 30 SEC
- 200 M BRISK WALK OR LIGHT JOG

COOL-DOWN:

- FULL BODY STRETCH AND FOAM ROLL

DAY 6 – ACTIVE RECOVERY

SUGGESTIONS:

- WALK, CYCLE, OR PLAY A LIGHT RECREATIONAL SPORT
- INCLUDE AT LEAST 10 MINUTES OF STRETCHING OR YOGA-STYLE MOBILITY

DAY 7 – FULL REST

TAKE THE DAY OFF! MUSCLES AND JOINTS REPAIR AND STRENGTHEN DURING REST SO THIS RECOVERY TIME IS JUST AS IMPORTANT AS THE WORKOUT.

TIPS FOR SUCCESS

- Stay hydrated and eat balanced meals rich in protein and complex carbs
- Adjust weights and intensity to suit your level
- Always warm up before and cool down after sessions
- Listen to your body — construction is already physical, so the goal is balance, not burnout

