



FILTHY 50



**INSANE METABOLIC CONDITIONING
WORKOUTS TO BUILD MUSCLE WITHOUT GAINING FAT**



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Please Note: The recommendations in this and any other document are not medical guidelines but are for educational purposes only. **You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity.**

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Marc “Funk” Roberts, or anyone associated with Funk Roberts Fitness Inc. advises readers to take full responsibility for their safety and know their limits.

Before partaking in the exercises in this or any other program, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness.

The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction.

Always do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Funk Roberts Fitness Inc.

If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

If you have any pre-existing back or physical injury, DO NOT START THIS PROGRAM until you have full clearance from your physician.

WAIVER AND RELEASE OF LIABILITY

(READ CAREFULLY BEFORE PERFORMING ANY EXERCISES IN THIS MANUAL)

I UNDERSTAND AND ACKNOWLEDGE THAT THERE ARE RISKS INVOLVED IN PARTICIPATING IN ANY EXERCISE PROGRAM AND / OR ANY EXERCISES CONTAINED WITHIN THIS MANUAL IN CONSIDERATION FOR BEING ALLOWED TO UTILIZE THE INFORMATION IN THIS MANUAL.

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INTRODUCTION

Funk Filthy 50 Workouts are 500 reps killer circuits that have been created using different protocols.

The “Filthy 50” workout challenge was originated in the CrossFit community back in 2005 and it’s not for the weak at heart.

The circuits in this program are different variations of Filthy 50 style workouts that will get you in the best shape while challenging your physically and mentally.

I can’t wait to hear your feedback on these workouts!

It’s Time To Get It Done!

Your Friend and Coach,

Funk Roberts

TIPS BEFORE YOU START THE WORKOUTS

I'm excited for you to start using these Filthy 50 workouts. You can use these as full workouts or as an add on to your training session.

In both cases I mentioned above, please read through these tips to ensure your sessions are efficient and effective.

1 WARM UP WITH A CALISTHENICS WARM UP AND DYNAMIC STRETCH BEFORE EVERY WORKOUT SESSION – CLICK BELOW FOR VIDEOS

WARM UP

<https://www.youtube.com/watch?v=g04Nz18FqkA>

JOINT MOBILITY DYNAMIC STRETCH

<https://www.youtube.com/watch?v=xbOxmQRi7fM>

2 ENSURE THAT YOU STRETCH AFTER YOUR WORKOUT SESSIONS

POST WORKOUT STRETCH

<https://www.youtube.com/watch?v=2wMSSupoCl8>

3 USE A FOAM ROLLER TO HELP LOOSEN THE FASCIA PRIOR TO OR AFTER YOUR WORKOUTS

FOAM ROLLING DEMO

<https://www.youtube.com/watch?v=za2t238RtCY>

4 DO NOT ATTEMPT ANY EXERCISES THAT YOU AREN'T SURE HOW TO DO. YOU CAN FIND MOST OF THESE EXERCISES ON THE WEB, IF YOU ARE NOT SURE OF THE MOVEMENT.

5 DRINK A TON OF WATER BEFORE, DURING AND AFTER YOUR WORKOUT SESSION. STAY AWAY FROM SPORTS DRINKS UNTIL AFTER YOU'VE FINISHED YOUR WORKOUT.

- 6** YOU MUST HAVE SOME LEVEL OF FITNESS BEFORE ATTEMPTING THESE FINISHER WORKOUTS.
- 7** ALWAYS USE GOOD FORM AND TECHNIQUE WITH EACH EXERCISE. IF YOU GET FATIGUED TAKE A QUICK BREATHER SO YOU CAN GET BACK TO GOOD FORM. DO NOT SACRIFICE TIME FOR TECHNIQUE. DO IT RIGHT TO GET THE BEST RESULTS.
- 8** IF YOU WANT TO START THIS OR ANY OTHER PROGRAM BUT THINK YOU HAVE AN INJURY, GET MEDICAL ATTENTION FIRST AND HAVE A PROFESSIONAL THERAPIST REHABILITATE YOUR INJURY BEFORE STARTING ANY EXERCISE PROGRAM.
- 9** IF IT HURTS, STOP! DON'T BE AFRAID TO USE ALTERNATIVE EXERCISES. I DON'T BELIEVE IN THE "NO PAIN, NO GAIN" MENTALITY...THAT SAID
- 10** CLEAN NUTRITION AND GOOD EATING HABITS IS THE KEY TO INCREASING YOUR ENERGY, BUILDING MUSCLE, BURNING FAT, IMPROVING STRENGTH, DECREASING INFLAMMATION AND CHANCES OF INJURY.

DOWNLOAD THESE DONE FOR YOU OR DO IT YOURSELF NUTRITION PLANS
<http://funkstmealplans.com/spartannutrition/>

SAMPLE SCHEDULE 1

MONDAY	Workout #1 - Funky Filthy 50
TUESDAY	Workout #4 – The Quick 50
WEDNESDAY	REST
THURSDAY	Workout #6 – The Filthiest
FRIDAY	Workout #9 – Filthy AMRAP (demo video)
SATURDAY	Workout #11 – Fierce 50 (demo video)
SUNDAY	REST

SAMPLE SCHEDULE 2

MONDAY	Workout #13 – The 50 Freak (demo Video)
TUESDAY	Workout #14 – The Fantastic 5 (demo Video)
WEDNESDAY	REST
THURSDAY	Workout #16 – The Triple 50 (demo video)
FRIDAY	Workout #20 – The Killer 50 (demo video)
SATURDAY	Workout #18 – The Bodyweight 50 (demo video)
SUNDAY	REST

THE WORKOUTS

In this section you will find a variety of different Filthy 50 protocol workouts to try. Some of the workouts have a video demo on the download page.

#1 - FUNKY FILTHY 50 (Demo Video)

Perform 50 reps of each exercise one after the other with little to no rest. Complete the workout as fast as you can.

#	EXERCISE	REPS
1	Box Jumps	50
2	Bent Over Rows	50
3	Kettlebell Swings	50
4	DB Forward Lunges	50
5	Plate Loaded Leg Raises (Arms Extended)	50
6	DB Push Press	50
7	Alternating Snatches	50
8	BW Jumping Squats	50
9	Mountain Climbers	50
10	Burpees	50

#2 - FULL BODY FILTHY 50

Perform 50 reps of each exercise one after the other with little to no rest.
Complete the workout as fast as you can.

#	EXERCISE	REPS
1	Barbell Deadlifts	50
2	DB Clean and Press	50
3	Abs Bicycles	50
4	Single Arm Alternating Kettlebell Swings	50
5	KB/DB Goblet Squats	50
6	Inverted Rows	50
7	Bent Over Barbell Rows	50
8	Push Ups	50
9	Jumping Lunges	50
10	Lateral Side to Side Jump Burpees	50

#3 - FILTHIER THAN THOU

Perform 10 reps of each exercise one after the other with little to no rest for 5 ROUNDS!

#	EXERCISE	REPS
1	Deadlifts	10
2	DB Clean and Press	10
3	Abs Bicycles	10
4	Single Kettlebell Swings	10
5	Goblet Squats	10
6	Inverted Rows	10
7	Barbell Rows	10
8	Push Ups	10
9	Jumping Lunges	10
10	Lateral Jump Burpees	10

#4 - THE QUICK 50 (Demo Video)

Perform each exercise for 50 seconds of work followed by 10 seconds transition time.
 – This is a 10-minute round – you can do 2 rounds with 2-minute break in between.

#	EXERCISE	TIME
1	Burpees	<p style="text-align: center;">50s work</p> <p style="text-align: center;">10s transition time</p>
2	Inverted Ring Rows	
3	Wall Balls	
4	T2B/Leg Raises	
5	Walking Lunges	
6	Abs IN and Outs	
7	Step Ups	
8	Med Ball Cleans and Slams	
9	Kettlebell Swings	
10	Burpees	

#5 - "FILTH FLARN FILTH"

Perform 25 reps each exercise one after the other with little to no rest in between.
 Rest for 60 seconds and repeat for 2 rounds.

#	EXERCISE	REPS
1	Box Jumps	25
2	Pull-Ups	25
3	Kettlebell Swings	25
4	Jumping Lunges	25
5	Hanging Leg Raises	25
6	Dumbbell Chest Press	25
7	Bent Over Rows	25
8	Burpees	25
9	Goblet Squats	25
10	Lateral Jump Over the Bar Burpee	25

#6 - THE FILTHIEST (Demo Video)

Perform 25 reps each exercise one after the other with little to no rest in between.
Rest for 60 seconds and repeat for 2 rounds.

#	EXERCISE	REPS
1	Step Ups (Loaded)	25
2	Push Press	25
3	Alternating One Arm Burpees	25
4	R Arm KB Swing	25
5	Slow Bicycles	25
6	L Arm Kettlebell Swing	25
7	Plate Squats	25
8	Barbell Bent Over Rows	25
9	Push Ups	25
10	Burpees	25

FILTHY AMRAPs:

#7 - THE 50 CRUSHER

20 Minute AMRAP (As Many Rounds As Possible)

Perform 4 exercises for 50 reps each one after the other.

#	EXERCISE	REPS
1	Weight Jumping Squats	50
2	Push Ups	50
3	Alt DB Snatch	50
4	Box Jumps	50

#8 - THE QUAD 50

20 Minute AMRAP (As Many Rounds As Possible)

Perform 4 exercises for 50 reps each one after the other.

#	EXERCISE	REPS
1	KBS	50
2	Single Arm Thrusters	50
3	Hanging Knee Raises	50
4	Burpees	50

#9 - FILTHY AMRAP (Demo Video)

20 Minute AMRAP (As Many Rounds As Possible)

Perform 4 exercises for 50 reps each one after the other.

#	EXERCISE	REPS
1	Alt One Arm KBS	50
2	Jumping Lunges	50
3	Renegade Row Push Ups	50
4	Lateral Burpees	50

#10 - FILTHY TIME

20 Minute AMRAP (As Many Rounds As Possible)

Perform 4 exercises for 50 reps each one after the other.

#	EXERCISE	REPS
1	Overhead Lunges	50
2	Push Press	50
3	Thrusters	50
4	Floor Chest Press	50

#11 - FIERCE 50 (Demo Video)

2 RDS (perform each mini circuit for time with a 1 min break in between).

Do each exercise one after the other as fast as you can.

Rest 1 minute in between rounds and repeat 2 full rounds.

CIRCUIT #1 - 2 rounds

#	EXERCISE	REPS
1	Med Ball Wall Balls	50
2	Dumbbell Bent Over Rows	50
3	Burpees	50

* REST 1:00 *

CIRCUIT #2 - 2 rounds

#	EXERCISE	REPS
1	Heavy Kettlebell Swings	50
2	Push-Ups	50
3	Bodyweight Jump Squats	50

#12 - FUNKY 50

Perform each exercise one after the other for the prescribed reps as fast as you can for 5 straight rounds. **5 Rounds for Time.**

#	EXERCISE	REPS
1	Box Jumps	10
2	DB Cleans	10
3	KBS	10
4	DB Front Squats	10
5	Abs V-Ups	10

#13 - THE 50 FREAK (Demo Video)

Perform each exercise one after the other for the prescribed reps as fast as you can for 5 straight rounds.

#	EXERCISE	REPS
1	Pull Ups	10
2	Jumping Lunges	10
3	Deadlift	10
4	Push Ups	10
5	Burpees	10

#14 - THE FANTASTIC 50 (Demo Video)

Perform each circuit for 5 rounds, completing each exercise one after the other.
Rest for 2 minutes in between circuits.

CIRCUIT #1 - 5 RDs for time:

#	EXERCISE	REPS
1	Barbell Deadlift	5
2	High Box Jumps	5

* REST 2:00 *

CIRCUIT #2 - 5 RDs for time:

#	EXERCISE	REPS
1	Dumbbell Manmaker	5
2	Abs in and outs	5

#15 - FILTHY 5 WORKOUT

Perform each circuit for 5 rounds, completing each exercise one after the other.
Rest for 2 minute in between circuits.

CIRCUIT #1 - 5 RDs for time:

#	EXERCISE	REPS
1	DB/BB Clean Squat press	5
2	Pull Ups	5

* REST 2:00 *

CIRCUIT #2 - 5 RDs for time:

#	EXERCISE	REPS
1	Box Jumps	5
2	DB Snatches 5 reps	5 (per side)

TRIPLE CIRCUITS:

#16 - THE TRIPLE 50 (Demo Video)

Perform each exercise one after the other, and each circuit for time.
Follow the prescribed reps per exercise and the rounds per circuit.
Rest 2 minutes in between rounds.

CIRCUIT #1 - 1 RD for time:

#	EXERCISE	REPS
1	Wall Balls	50
2	BW Walking Lunge	50

* REST 2:00 *

CIRCUIT #2 - 2 RDs for time:

#	EXERCISE	REPS
1	Wall Balls	25
2	BW Walking Lunge	25

* REST 2:00 *

CIRCUIT #3 - 5 RDs for time:

#	EXERCISE	REPS
1	Wall Balls	10
2	BW Walking Lunge	10

#17 - 3 ROUND 50 WORKOUT

Perform each exercise one after the other, and each circuit for time.
Follow the prescribed reps per exercise and the rounds per circuit.
Rest 2 minutes in between rounds.

CIRCUIT #1 - 1 RD for time:

#	EXERCISE	REPS
1	Heavy Kettlebell Swings	50
2	BW Squats	50

* REST 2:00 *

CIRCUIT #2 - 2 RDs for time:

#	EXERCISE	REPS
1	Heavy Kettlebell Swings	25
2	BW Squats	25

* REST 2:00 *

CIRCUIT #3 - 5 RDs for time:

#	EXERCISE	REPS
1	Heavy Kettlebell Swings	10
2	BW Squats	10

#18 - THE BODYWEIGHT 50 (Demo Video)

Perform each exercise one after the other, and each circuit for time.
Follow the prescribed reps per exercise and the rounds per circuit.
Rest 2 minutes in between rounds.

CIRCUIT #1 - 1 RD for time:

#	EXERCISE	REPS
1	Push-ups	50
2	Burpees	50

* REST 2:00 *

CIRCUIT #2 - 2 RDs for time:

#	EXERCISE	REPS
1	Push-ups	25
2	Burpees	25

* REST 2:00 *

CIRCUIT #3 - 5 RDs for time:

#	EXERCISE	REPS
1	Push-ups	10
2	Burpees	10

INDIVIDUAL TIMED ROUNDS:

Perform each round for time. Make sure that you write down the time it takes you to complete 1 round. Rest for 2 minutes and repeat for 4 individual rounds (in other words you will have 4 different times). Try and beat your time each round.

#19 - THE INDIVIDUAL 50

#	EXERCISE	REPS
1	Barbell Heavy Deadlifts	5
2	Box Jumps	20
3	Burpees	5
4	Kettlebell Swings	20

#20 - THE KILLER 50 (Demo Video)

#	EXERCISE	REPS
1	DB Thrusters	5
2	Hanging Leg Raises	5
3	DB Cleans	5
4	Jumping Lunges	5

#21 - THE BODYWEIGHT ITR 50 (Demo Video)

#	EXERCISE	REPS
1	Burpees	5
2	Push Ups	20
3	Chest To Ground Burpees	5
4	BW Squats	20



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