



FUNK ROBERTS FITNESS UNIVERSITY QUICKSTART GUIDE

WELCOME TO THE FUNK ROBERTS FITNESS UNIVERSITY

We are a Tribe of like-minded Warriors that are ready to excel through life, dominate, and become superhuman.



My name is **Funk Roberts** and I will be your guide, mentor and coach each month in your journey to improving your fitness, athletic performance, getting into the best shape of your life and helping you make the right choices in becoming the best human being you can be.

It's not about being average, it's about learning how to excel in every part of your life and be 1% better than you were yesterday.

The FRF University will teach you how to work hard, be consistent and dedicated to reaching your goals and take you on your journey to GREATNESS!

You will focus on building sustainable kick ass habits, not only in your nutrition and workouts, but also in your confidence, appearance and mindset.

I promise.

I know you are excited to get started but there are a few things important aspects you need to know about Funk Roberts Fitness University or FRFU.

In order to help you with your journey to success, I wanted to guide through your start in the FRFU...Think of this as Frosh Week without all the partying.



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Watch Intro Video

Please make sure you watch the introduction video on the FRFU Member home page. I have some cool info to talk to you about and I want to formally introduce myself.

Take the Tour

Right under the introduction video you will see a video that will take you on a virtual tour of FRFU. It's really beneficial for you to sit through and check out all the aspects of the FRFU. There is a lot to access and I want to make sure you don't miss all the benefits that you will get being part of the Tribe

HOW THE UNIVERSITY WORKS

FRFU is for men and women that understand that there are no shortcuts. There is no quick fix or magic pill. If you want massive change then it takes hard work and dedication.

This is what the FRFU Tribe is based on...Action takers that are extremely serious about being fit, athletic and superhuman beings.

You are now surrounded by like-minded people with similar goals in life and that is doing the right things to dominant your fitness, nutrition, body, mind, soul and create a warrior mindset that will elevate you above the regular person into the minority of above average BEASTS in the world.

FRFU is a progressive step-by-step program to help you achieve your perfect physique, build peak performance and give you the tools to help you excel in life and business.

FRFU is split up into **4 main "Academies"** and your first step is to *choose the Academy that fits with your ultimate goal.*



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CHOOSE YOUR PATH

Stop guessing and I'll tell you **exactly** what to do.

Your **first step** is to read through the brief overview of each Academy which will help you make your decision on what path to take...keep in mind you have access to everything in FRFU but it's beneficial to take on path and stick with it!

That's your first lesson in FRFU!

Also in each Academy there will be Levels that you will be graduating through each month and **every 3 months you will graduate to a Major Level.**



METABOLIC FITNESS ACADEMY

(MFA) is a program using metabolic training that will help you build muscle, get strong while burning fat. This was the main style of training that helped my transform my body from 215lbs of Make PMS (Puffy Muscle Syndrome) to 185lbs ripped, shredded and in the best shape of my life.

Each month you will get brand new style of workouts and a schedule for you to follow. You'll have access to demo videos of each workout.

The key is never to allow you to plateau by changing the training while sticking to the overall goal of helping you transform your body and fitness.

Here I will show you how and when to train and workout, while telling you what equipment you need. You will use bodyweight, dumbbells, kettlebells, medicine balls, barbells, TRX and even unconventional



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equipment. You'll need access to a gym, or a training centre, or a garage/home gym

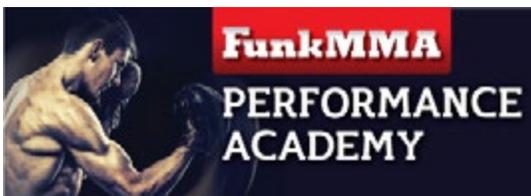


BODYWEIGHT ACADEMY (BA) is a program similar to the MFA in regards to helping you burn fat, get fit, build muscle and get shredded. You will be using bodyweight training using little to no equipment which will allow you to train anywhere and anytime.

Each month you will get brand new style of workouts and a schedule for you to follow. You'll have access to demo videos of each workout.

The key is never to allow you to plateau by changing the training while sticking to the overall goal of helping you transform your body and fitness.

You build functional strength and get athletic while keeping your body healthy and injury free.



FUNKMMA PERFORMANCE ACADEMY (FPA) is a program for MMA, Martial Arts and Combat and Sports athletes focused on improving overall performance.

Each month you will be given a new program of workouts for you to implement into your overall training regime. You'll have access to demo videos of each workout.

I will teach you how to design your program around your skill/technique training while you drastically improve your overall



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strength, explosive power, muscular endurance, cardio conditioning, mobility, speed, agility, core strength and all the physical attributes you need as a sports athlete.

Your monthly workouts will include strength and power, conditioning, bodyweight only circuits, anaerobic sprint intervals, cardio, core and flexibility training.



TRAINER ACADEMY (TA) is for personal and bootcamp trainers along with coaches and gym owners. Here you will have access to new monthly workout resources that you can implement into your own classes and training sessions.

The top trainers are always implementing new, innovative training that will help your clients and athletes get results.

Being part of the TA will give you access to NEW monthly programs and workouts for you to use.

Levels of the Program

The FRFU Academies are broken down into levels. The levels are strategically created to help you optimize your fitness and performance. **Each level is one month long.** Every 30 days you are in the program, a new level will open up.

As you move through the levels and you have been following a specific program, there is no doubt that your fitness, physique and overall conditioning will be improving...no doubt.



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WHAT'S IN THE UNIVERSITY?

There are many different components of the University and I'm going to briefly introduce each section

On the top navigation bar you'll see the following links:



NUTRITION & SUPPLEMENTS

Nutrition

Nutrition is the key to muscle growth, fat loss, strength building, performance, increased energy, decreased inflammation and overall health. Most programs and people fail because the nutrition is too confusing or nutrition is just ignored completely.

The second most important step in FRFU is dialing up your nutrition right away. In this section you will have access to Spartan Nutrition plan for fat loss and muscle growth and FunkMMA Nutrition plan for athletes.

There is access to nutrition information and video classes that teach you the simple methods of eating to help fuel your body to optimal health ensuring you are getting the proteins, healthy fats and carbs you need.

Your eating will become a lifestyle that will be simple to follow and become second nature for you. Also each month you will get access to new videos and nutrition plans for getting shredded, building mass and even vegetarian based.

In order to succeed in your fitness and health, it starts with nutrition.

This section also has Supplement resources. Supplements are not needed in order for you to be the optimal athlete or fitness freak but I will show you my top supplements to help accelerate your results in a safe way.

You must have your nutrition dialed in first, but adding the proper supplements will help you reach your goals and improve your health



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Monthly Products

Each month you will have access to brand new programs and workouts that you have the option to use. Each program is different but allows you to

burn fat, build muscle and improve your performance.

Programs like Spartan Metabolic Workouts, Density Training, 300 Workouts, Tabata Circuits, Bodyweight Training, Combat Conditioning Finishers, Pound for Pound Pure Strength Training, Metabolic Supersets, Abs Workouts, EMOM Circuits, Bodybuilding HIIT Workouts, Complexes, Ladders, 10 Minute Workouts, Kettlebell Workouts, TRX, Medicine Ball and MORE

Tribe Forum

This to me is the MOST IMPORTANT area of the FRFU. This is where the Tribe meets, interacts, motivates and share information to help each other become Superhuman!!!!

Here you will be able to ask questions, post topics and share successes in achieving an awesome physique and performance.

We will upload new videos, updates and I'll be frequently in the Forum and available to answer questions.

This is where the value of FRFU comes into place.

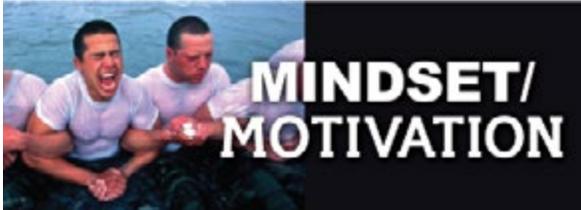
Contact Us

If you ever have a question, you can also email me or one of our Admins directly in order to help you with any concerns



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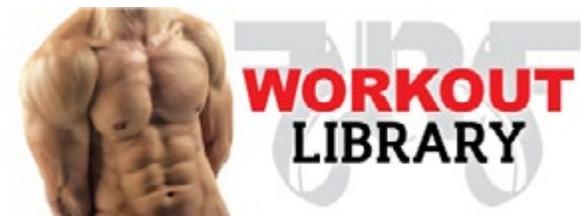
SIDE BAR SECTIONS



Mindset/Motivation

The mindset/motivation section is to help you build the warrior mindset. There will be resources and videos that will help you to stay focused, accountable and teach you the keys to success.

We all need constant reminders and inspiration to help us along our journey and this section is dedicated to helping your SUCCEED!



Workout Video Library

This section is filled with over 100 workout videos that have been compiled from my YouTube Channel all in one place. The videos are broken into different playlists like Metabolic Workouts, MMA Training, Abs and Core, Finishers and more.



Webinars/Podcasts

In this section you will access to LIVE monthly webinars and Q&A with Funk along with Guest Podcasts where you can learn from expert trainers, coaches and professionals in the industry.

Sometimes you will have a podcasts, with access to transcripts and other times you there will be articles to help you on your path to achieving your goals.



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Each month a new podcast will open up and you will have access.



Monthly Products

Each month you will have access to brand new programs and workouts that you have the option to use. Each program is different but allows you to burn fat, build muscle and improve your performance.

Programs like Spartan Metabolic Workouts, Density Training, 300 Workouts, Tabata Circuits, Bodyweight Training, Combat Conditioning Finishers, Pound for Pound Pure Strength Training, Metabolic Supersets, Abs Workouts, EMOM Circuits, Bodybuilding HIIT Workouts, Complexes, Ladders, 10 Minute Workouts, Kettlebell Workouts, TRX, Medicine Ball and MORE



Premium Products

Here you will have access to discounts on my Premium Products that the public will not have access too. These are my flagship programs that you can purchase.



Sponsors/Affiliates

This section is dedicated to the Tribe so that you can access special discounts on the best supplements, equipment and gear. **Get It Done!!**