

## ***FUNCTIONAL TRAINING.***

From the Oxford English Dictionary, Functional Training (FT) is a form of training that is related to the function for which a muscle, or rather a kinematic chain, exists and has evolved in a certain way.

Another definition is: 'training the body for the activities performed in daily life'. Functional training has its origins in rehabilitation where physical therapists select exercises for their injured patients to perform that closely mimic the movements those patients need to be able to perform at home and/or at work, in order to correct movement disorders or rehabilitate from injury so they can return to work/complete all the activities they need to at home, as quickly as possible.

The evolutionary choices of our locomotor apparatus explain the function of each muscle, kinematic chain (set of organs and systems that determine the human's body's voluntary movements) and articular system in our body.

### **FUNCTIONAL TRAINING = ACTION + FUNCTION**

The objective of FT is systematic stress, involving as many organic systems as possible.

#### **OBJECTIVES AND BENEFITS.**

Main purpose is to totally develop conditional and motor skills. In other words we try to train and improve endurance a hypertrophy (strength) that isn't purely aesthetic. It is useful and functional.

- It is more adapted to human physiology.
- Activates long kinematic chains.
- Trains muscular chains according to the action- function combination.
- Trains all of the coordination skills.
- Improves balance and coordination.
- Restores posture, muscle imbalances, and dynamic stability.
- Involves compound exercises that mimic real life movements.
- Recruits the body's stabilizers to facilitate movement. Most exercises help restore function to the abdominal wall and improve reaction time.

#### **FUNDAMENTALS:**

- **The functionality of exercises:** is not a training system that uses combinations of exercises, but combinations of human drills like jumping, pushing, crawling, moving, etc.

- **Intensity levels:** FT trains with different levels of intensity in their workouts, where HIIT, MIIT and LIIT training workouts improves the resilience of long and short duration efforts.
- **The variability of types of workouts and exercises:** adaptation to stimuli generates loss of performance.
- **Biomechanics:** the universal loss of body extension in the cervical spine, dorsal, lumbar and shoulder joint, is indeed sedentary lifestyle and exaggerated hours in positions related to body front flexion like sitting at work, eating, resting on the couch, while driving, etc. FT combats this effect and biomechanics uses as its clear support to provide the recovery of the global extension of the human body.
- **The 5 Goals:** Health, Silhouette, Posture, Body Proportion, Physical and Sports Performance.

### BASIC MOVEMENTS:

1. - Jumping.
2. - Pushing (push-ups).
3. - Raising.
4. - Pulling (pull ups).
5. - Spinning.
6. - Throwing.
7. - Walking (lunges).
8. - Hiking (steps).
9. - Crawling (planks).
10. - Seating (squats).
11. - Crunching (abdominals).
12. - Throwing down (burpee, back roll).
13. - Climbing (climbers...).
14. - Carrying (dead lift, "farmer").
15. - Moving (sprints).

### **Bibliography:**

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