

# Functional Fitness

Functional Training – classification of exercises which involve training the body for the activities performed in daily life. Simple to highly complex.

Targeted Focused Exercise

## **Benefits**

- Better muscular balance and joint stability
- Emphasis on body's ability to move in three (3) anatomical planes of motion.
- Leads to better movement patterns.

A transverse (also known as axial or horizontal) plane is an X-Y plane, parallel to the ground, which (in humans) separates the superior from the inferior, or, to put another way, the head from the feet.

A coronal (also known as frontal) plane is a Y-Z plane, perpendicular to the ground, which (in humans) separates the anterior from the posterior – the front from the back, the ventral from the dorsal.

A sagittal (also known as median) plane is an X-Z plane, perpendicular to the ground, which separates left from right. The midsagittal plane is the specific sagittal plane which is exactly in the middle of the body.

## **Components:**

- Specific to goals.
- Integrated – variety of exercises which incorporate flexibility, core, balance, strength and power.
- Progressive – steady increase in strength demanded from workout to workout. Variable speeds also needed to make more specific.
- Periodized – vary the program throughout the year to achieve optimal results – building in high intensity time and recovery time.
- Individualized – include ways to incorporate the exercises needed to the individual based on needs and ability.