Programming for Training Functional

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Contents:

- What exercise?
- History of training?
- Why this exercise?
  - Functional
  - Movement
  - Stability
- Overtraining
What exercise?

Aim and needs of client
History of training

- Previous training experience
- Injury history
What is functional?
Functional

Functional for what?

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Functional

Function or counter function?
Function or counter function?
Movement Patterns

What are the movement patterns in the activity / movement?

Movement Pattern

Unilateral
- Rotate
- Twist

Bilateral
- Push
- Pull
- Lift
- Parallel
- Split

Bend
Function

trainable

Function

Counter Function

untrainable

Movement patterns

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Stability Profile

Type of stability?
Stability Profile

Need for instability?

Synergisticic requirements?
Function

trainable

untrainable

Function

Counter Function

Movement patterns

Stability Potential

Conditioning Profile

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Function

- trainable
  - Function
  - Counter Function
    - Movement patterns
    - Stability Potential
    - Conditioning Profile
    - Exercise
Function

- trainable
  - Function
    - Movement patterns
  - Counter Function
    - Stability Potential
    - Conditioning Profile
  - Exercise

- untrainable
Movement Focus

How much movement?
Across what planes?

- Movement +
  - Isolation
  - Compound
  - Complex
  - Link
  - multi-plane

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Movement Focus

Synergistic requirements?

- Machine Squat
- Smith Squat
- Barbell Squat
- Dumbbell Squat
- Pylometric Squat
- Unstable Squat

Movement Focus
Function

trainable

untrainable

Function

Counter Function

Movement patterns

Stability Potential

Conditioning Profile

Exercise

Movement Focus

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Legs

- Squat
- Unstable Squat
- Squat
- Deadlift
- Unstable Deadlift
- Lunge
- Sprint
- Unstable Lunge
- Unstable run
- Unstable sprint

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- Seated Row / Bent Over Row / Pulldown
- Unstable Row / Pulldown / Chins
  - Cable Pull
  - Cable two hand pull
  - Inc Cable Chins
  - Cable / Rope Chins
  - Mobile Cable Chins
- Tug - Of - War / Haul / Rope Climb
Push Ups on Knees
Push Ups
Push Ups (Feet OR Hands) on Medicine balls or cables
Push Ups (Feet & Hands) on a Medicine ball / cable
Replace Medicine Balls with Fit/Swissballs

Bench Press
DB Bench Press
Bench on Swiss ball or DD
Unilateral / Cable
What is the function of your functional training?