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## Programming for Functional Training

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# Programming for Functional Training

By Rob Orr

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## Stabilisation / Functional Training

### Considerations:

**What exercise?** The aim / need of the client

**History of training?** Previous training / injury history

**Why this exercise?** Why are we giving the exercises we are giving?

- Functional? ♦ What is function?
  - ♦ Functional for what?
  - ♦ Functional or counter functional?
- Movement? ♦ How much movement?
  - ♦ Across what planes?
  - ♦ Synergistic requirements?
- Stability? ♦ Type of stability / Balance profile?
  - ♦ Need for instability?
  - ♦ Synergistic requirements?

## Overtraining

Neurological

Physiological (Stabilisers)

Signs of Autonomic fatigue

- Sympathetic (High Intensity)
- Parasympathetic (High Volume)

## **References:**

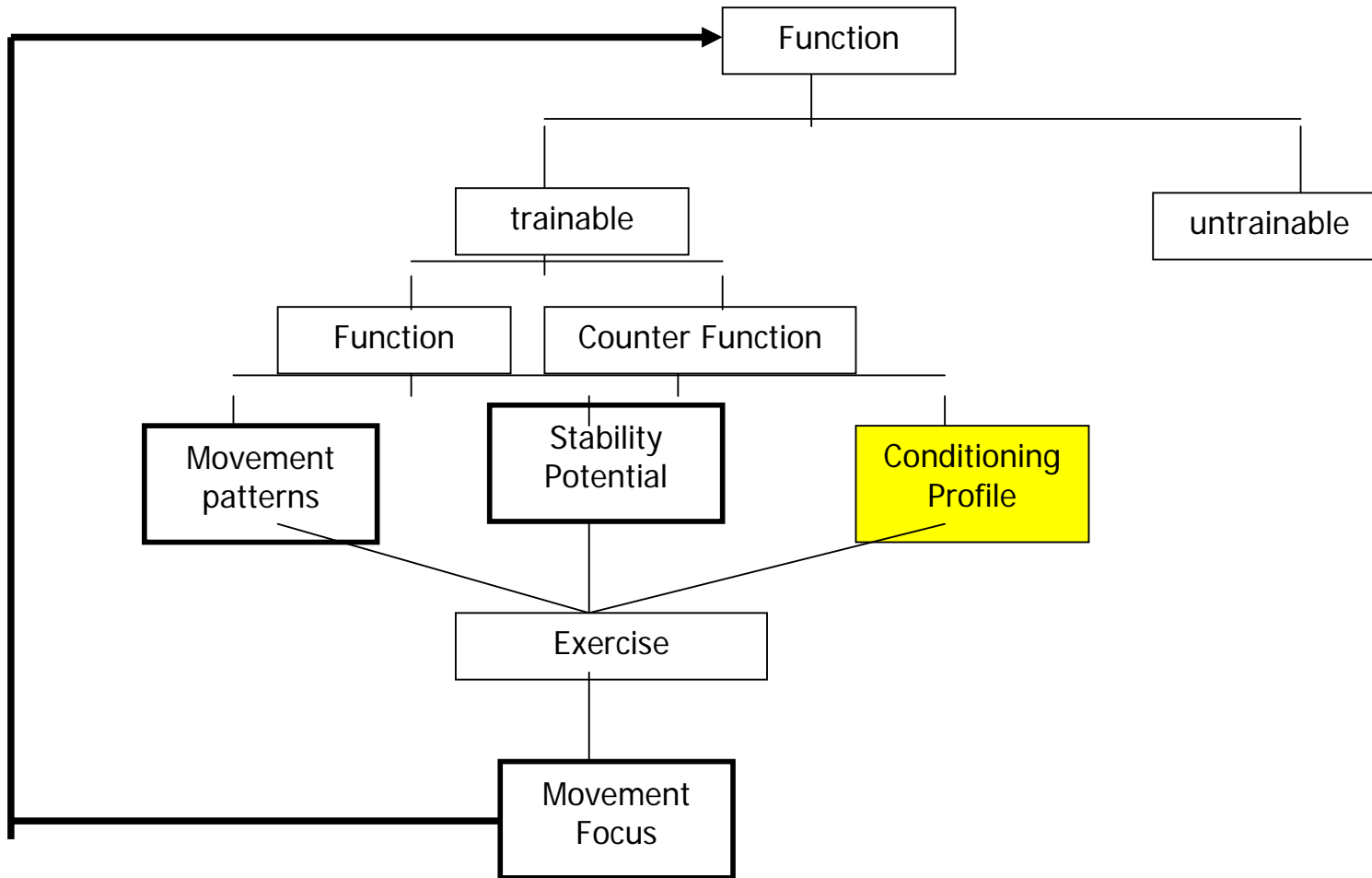
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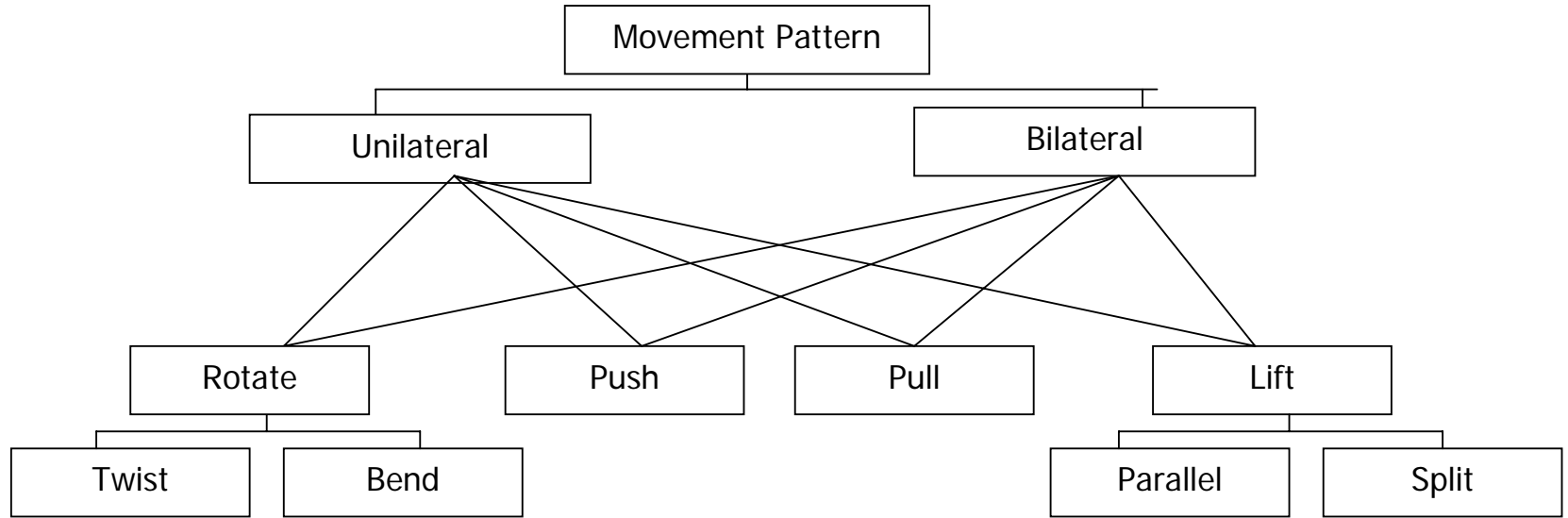
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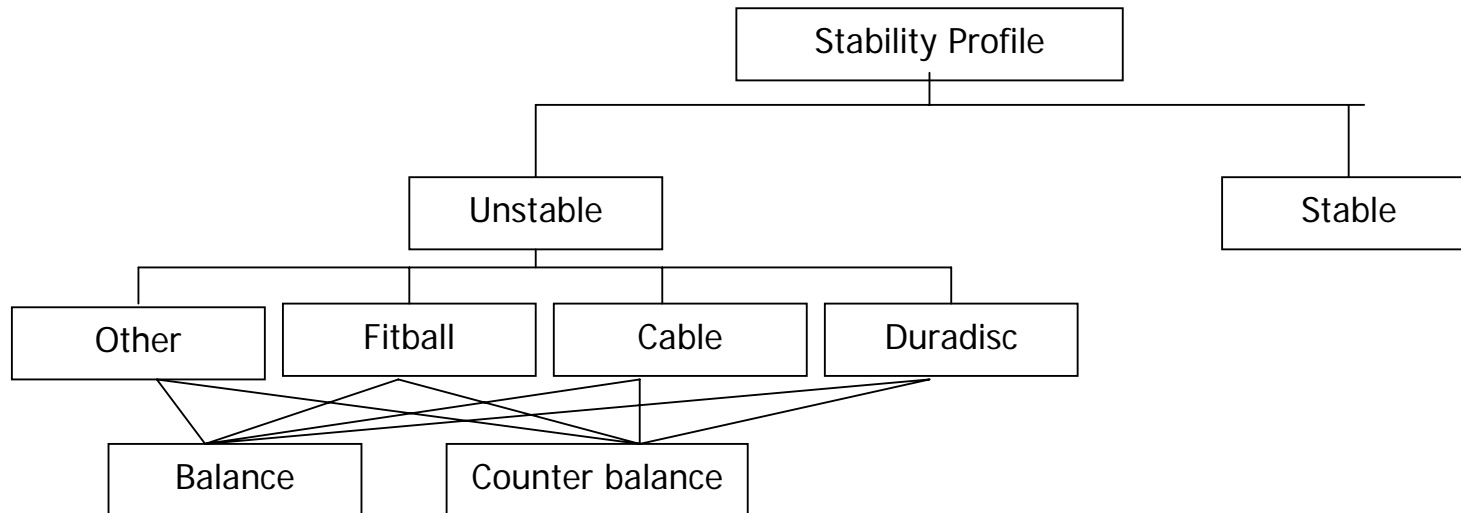
### Exercise profile for function



### Movement Patterns



### Stability potential



## Movement potential

