Programming for Functional Training
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Published: 14/06/2002

Document Version:
Peer reviewed version

Link to publication in Bond University research repository.

Recommended citation (APA):

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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:**

For a complete list of references or a digital copy of the full text version please e-mail:
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Movement Patterns

Movement Patterns

Unilateral

Bilateral

Stability Profile

Unstable

Stable

Balance

Counter balance

Other

Fitball

Cable

Duradisc
Movement potential

Movement Focus

— Isometric Compound Kinetic Link +

Complex Multi - Plane

Movement Focus

— Universal Smith Barbell Dumbbell Plyometric +

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