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Programming for Functional Training

Orr, Rob Marc

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Programming for Functional Training

By Rob Orr

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)

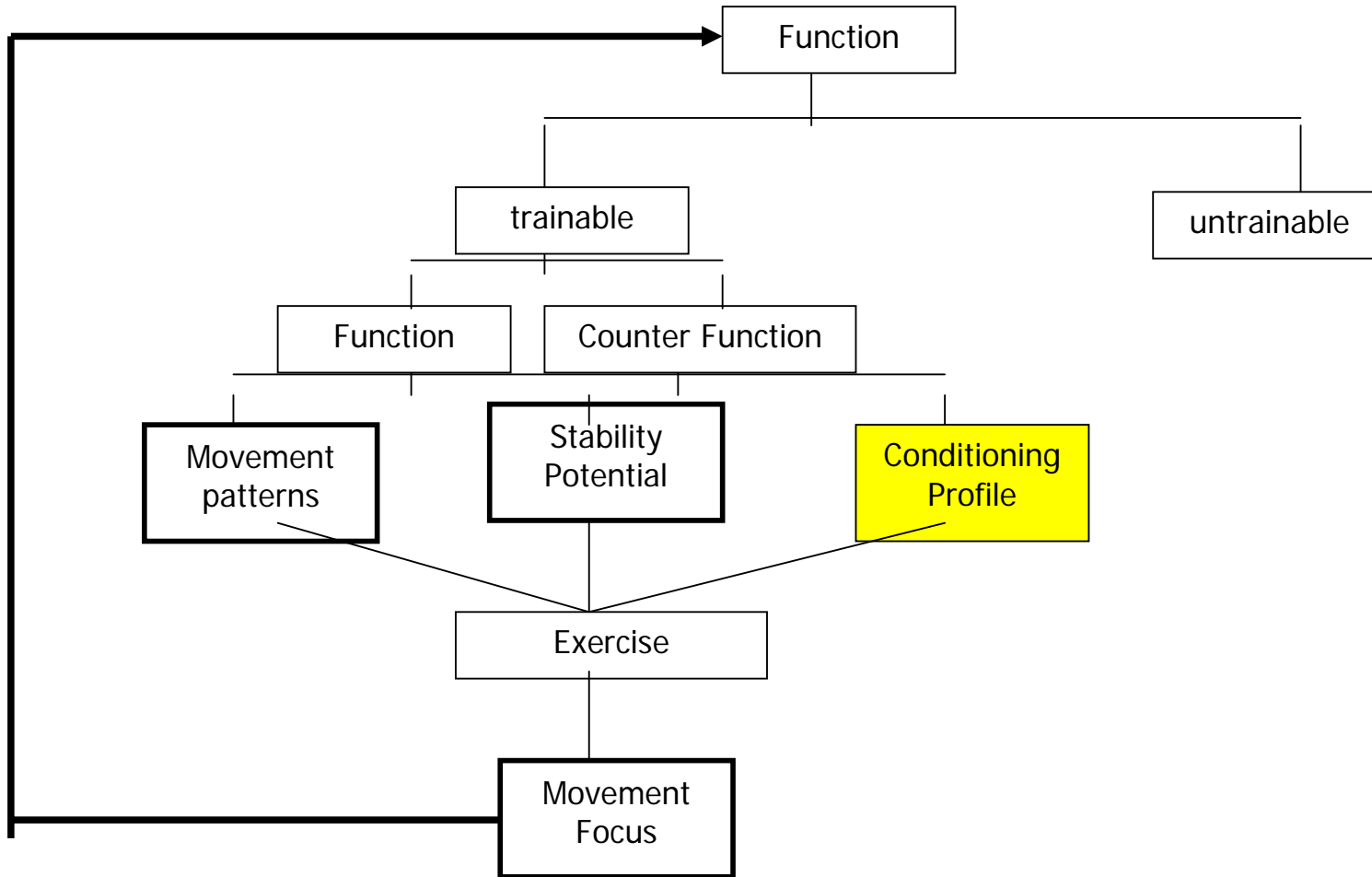
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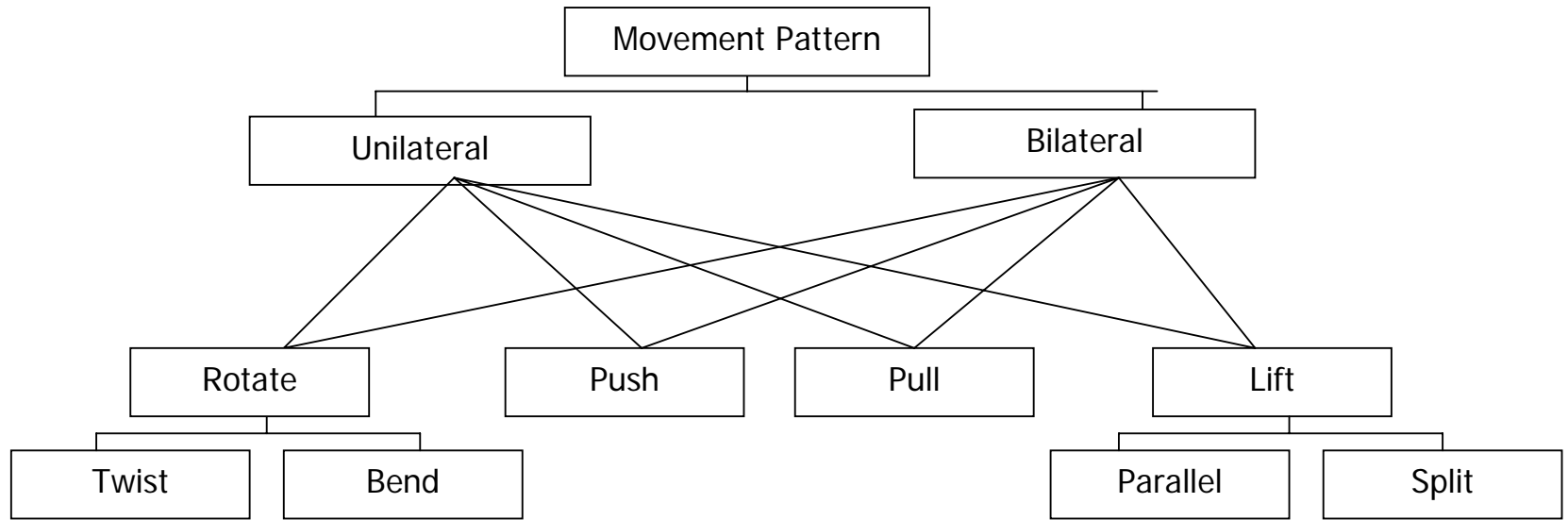
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Robin.Orr@defence.gov.au

Exercise profile for function



Movement Patterns



Stability potential

