

Bond University
Research Repository



Programming for Functional Training

Orr, Rob Marc

Licence:
CC BY-NC-ND

[Link to output in Bond University research repository.](#)

Recommended citation(APA):

Orr, R. M. (2002). *Programming for Functional Training*. Paper presented at FILEX International Fitness and Healthy Lifestyle Convention and Expo, Sydney, New South Wales, Australia.

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

For more information, or if you believe that this document breaches copyright, please contact the Bond University research repository coordinator.

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)

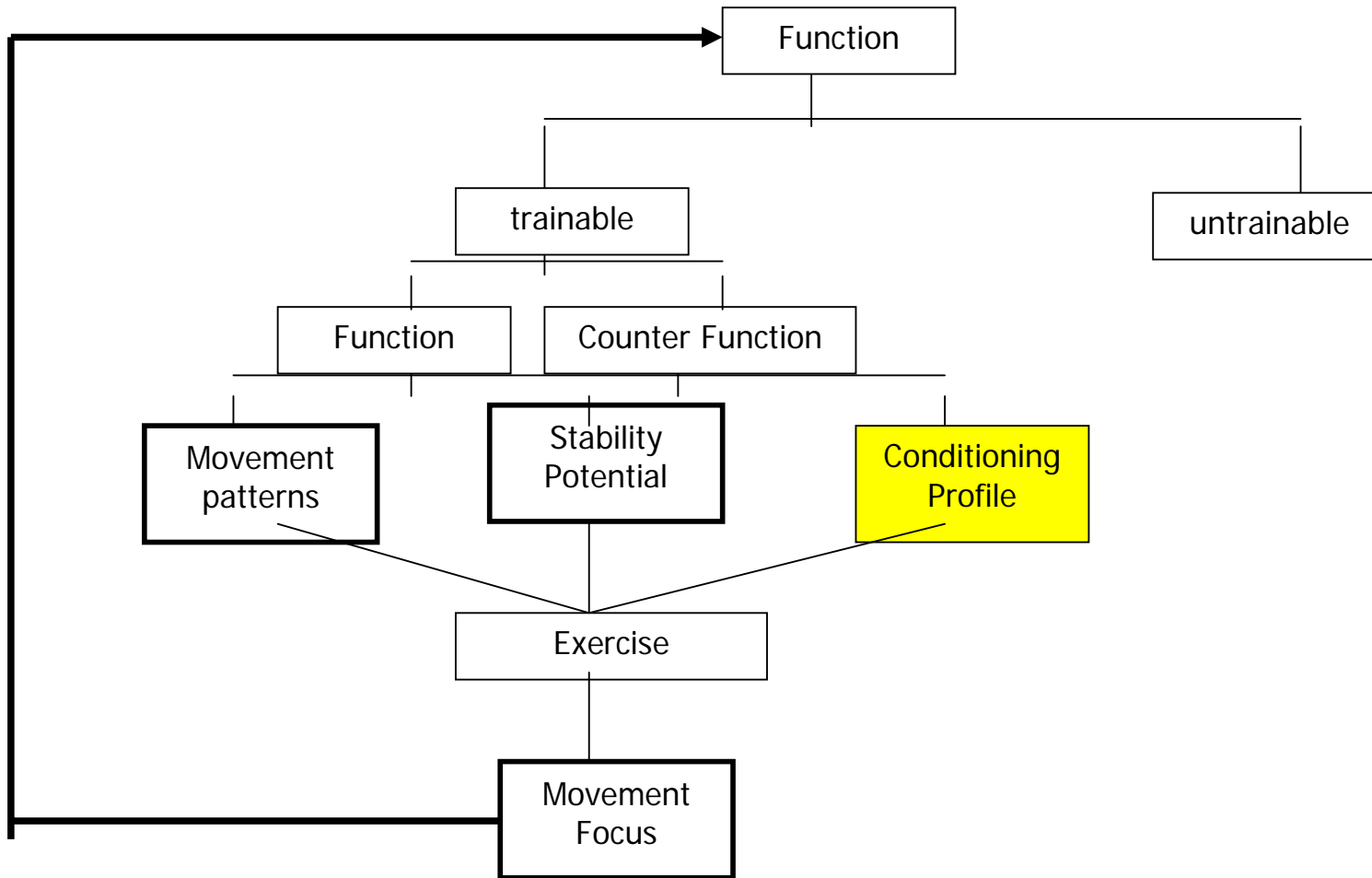
References:

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

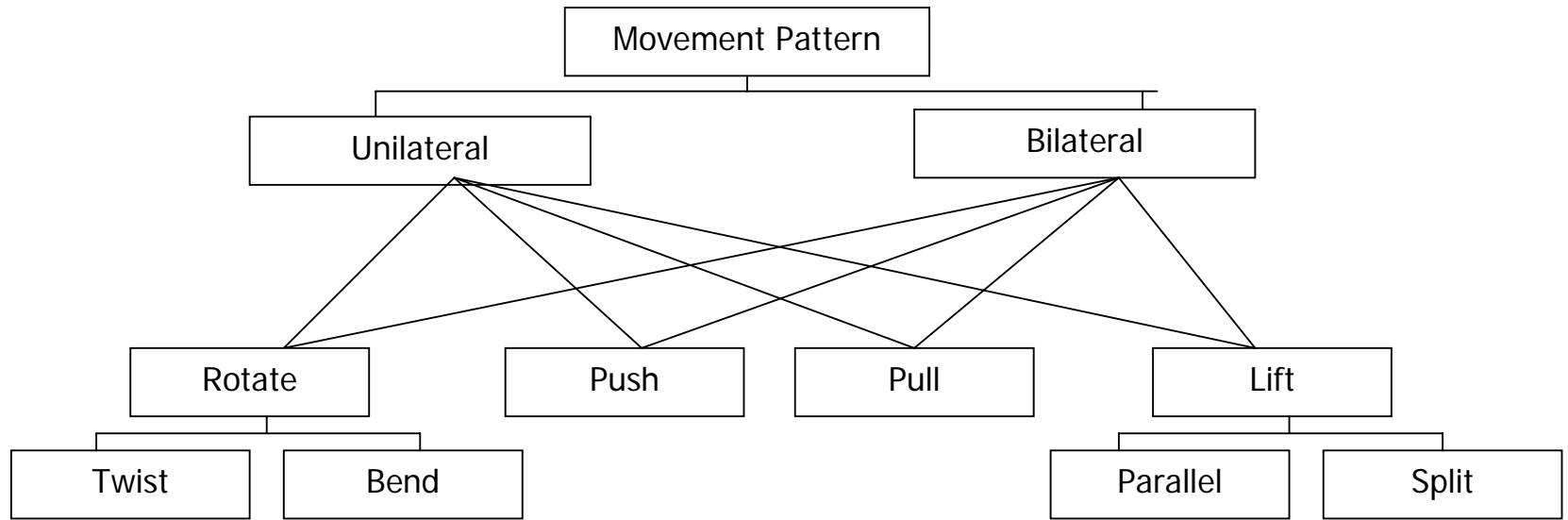
Full text Version:

Robin.Orr@defence.gov.au

Exercise profile for function



Movement Patterns



Stability potential

