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Beginner lessons for Functional Training

Unlock Your Potential with Functional Training Basics!

DEFINITION

> Functional training focuses on exercises that mimic everyday activities to improve overall fitness. It enhances strength, balance, and flexibility for daily life tasks.

KEY CONCEPTS

Core Stability

A strong core supports body movements and prevents injury during activities.

Balance Training

Exercises that improve balance help with coordination and reduce fall risk.

Mobility Work

Enhancing joint flexibility and range of motion is essential for functional movement.

Compound Movements

These exercises engage multiple muscle groups, making workouts more efficient and effective.

Progressive Overload

Gradually increasing the intensity of workouts helps build strength and endurance over time.

EXAMPLES

- → Squats for leg strength and mobility.
- → Planks for core stability and endurance.
- → Lunges for balance and coordination.

MEMORY TIPS

- ★ Think 'Core, Balance, Mobility' to remember key areas.
- ★ Use the acronym 'CBMP' for Core, Balance, Mobility, Progressive overload.
- ★ Visualize daily activities to connect exercises to real-life movements.

COMMON MISTAKES

- ✗ Neglecting warm-up and cool-down routines.
- ✗ Focusing too much on isolated exercises instead of functional movements.
- ✗ Ignoring proper form, leading to potential injuries.

QUICK RECAP

Functional training enhances everyday movement through core stability, balance, and mobility exercises. Focus on compound movements and progressive overload to build strength effectively.