Functional Fitness
Movement
Part II

Exercises to help enhance activities of daily living

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Recap:

What is Functional Fitness?
Exercise Guidelines
Definitions of Types of Exercises
Core Exercises
The SQUAT
CHEST PRESS
What is Functional Fitness?

Functional fitness is utilizing movements that are functional for day to day activities.
Fitness should include movements that are functional in nature, to enhance mobility and improve wellness.
Exercise Guidelines

- **Cardio**: 3-5 days per week
  - Moderate to Vigorous Intensity: 75 – 150 minutes

- **Resistance Training**: 2-3 days per week
  - All Major Muscle Groups, 2-3 sets, 8-10 reps

- **Flexibility & Balance**: 2-3 days per week
  - All Major Muscle Groups, 2-3 sets, 10-30/60 sec

- **BONUS**: If you want to build & maintain bone, you must STRENGTH TRAIN & engage in activities that provide IMPACT!
  - Jogging, Jumping, Stomping
Definitions of Types of Exercises

• Cardiovascular exercise is any exercise that increases your metabolic rate.

• Resistance Training is any exercise that causes the muscles to contract against an external resistance.

• Flexibility & Balance Training is the ability to train a joint to move freely through the full range of motion (ROM).
Core Exercises

Involve two or more primary joints, which would make it a multi-joint exercise and engages large muscles while activating synergistic muscles.
Why is it Functional Fitness?

- Exercises involve the coordination of multiple limbs.
- They are exercises that mirror everyday activities.
The SQUAT
Modifications to the SQUAT
Progressions for the SQUAT
CHEST PRESS
Modifications to CHEST PRESS
Progressions for the CHEST PRESS
Forward Lunge
Muscles Involved

- Gluteus Maximus
- Hamstrings
- Quadriceps
- Iliopsoas (trailing leg)
- Soleus (lead leg)
- Gastrocnemius (lead leg)
How to perform a Forward Lunge

Stand tall, chest up shoulders back.
  Hips are in a neutral position.
  Soft bend in the knees.
Feet either hip width or shoulder width apart.
  Take exaggerated step forward, bending both front leg and back leg at about 90 degree angles.
  Using the lead leg, push heel into the ground to bring you back to the starting position.
  Alternate legs.
Modifications and variations
Back Row
Muscles involved

- Latissimus dorsi
- Teres major
- Rhomboid
- Posterior deltoid
How to perform a Back Row

Sit upright on bench.
Place feet evenly on foot rest while grabbing the handles.
Push hips back to bring the legs back to a straight bend.
Make sure chest is up, shoulders are back, and elbows are at a soft bend.
Pull handles back bringing them towards the chest.
Slowly release handles back to where elbows are at a soft bend keeping an upright posture.
Modifications and Variations
Have questions or need more help? See any LifeFit Staff for more information