

A woman with blonde hair in a ponytail, wearing a grey and black athletic top, is performing a kettlebell exercise in a gym. She is holding a black kettlebell with both hands, extending her arms forward. The background shows gym equipment and red structural pillars.

FUNCTIONAL FITNESS

Training Methodology For Real Life Application

CHECKLIST

Functional Fitness Checklist

When you say the word health, you are referring to the wellbeing of yourself or others. The first and easiest things you can do to better your health is to eat properly and work out routinely. Working out doesn't have to mean you aim to become a bodybuilder or weightlifter though those are possible achievements to gain from working out. It could simply mean you want to maintain a certain weight or keep your body moving properly and functionally. This checklist will run you through the simple tips and techniques to be in the best shape of your life.

Chapter 1: What is Functional Fitness?

Functional Fitness Defined

You may not have heard of the term functional fitness before reading this, but the truth is that functional fitness is all around you. Functional fitness refers to a type of fitness where you keep your body moving in simulated routines that resemble everyday tasks.

Complimenting Functional Fitness with Your Lifestyle

As mentioned earlier, hoping for the perfect 10 out of 10 body is unrealistic and quite impractical. The basic aim should always be maintaining a healthy body you as a person are satisfied with.

Being fit is only a further benefit to yourself. That said, your exercises shouldn't interrupt your schedule, but rather flow inside of it. Once it becomes a problem to find time for your workout, a red flag should signal in your mind.

Is Functional Fitness Right For You?

Not everyone is capable of working out. Though society has now made it something very normal, you may not fit in with this group of people that can work themselves to the bone.

Illnesses, weakness, age, and injury can prevent you from doing more than what you're currently capable of. Though you may feel you're ready for more, your body may not be. Remember before anything else, there's no need to push limits that shouldn't be pushed.

Some people are born with permanent issues that prevent them from working in certain positions. There are many situations you may find yourself in; being born with weaker bone strength could mean you're incapable of working yourself past a certain degree. Breathing or digestive issues can also hold you down from working out since these areas will be directly affected.

Chapter 2: Benefits of Functional Fitness

There are multiple benefits to functional fitness that can easily become part of your daily routine. To convince you further of the powerful impact functional fitness can have on your life, here are some benefits that functional fitness can provide you with.

- Easier Movement
- Stronger Support and Immune System
- Look Better, Feel Better

Chapter 3: Functional Fitness and Other Exercises

Functional fitness is commonly mistaken for any ordinary exercise and implemented into most typical workout sessions without anyone even realizing what it is. The fact is there's a difference between functional fitness and other exercises. Though the line between them may not be fully distinguishable at the moment, that'll all be cleared with the following comparisons between functional fitness and other types of exercises you may be familiar with.

1 - Bodybuilding

Bodybuilding focuses less on the daily routines and easing their exhaust for you and more on the appearance you'll have in the end. No doubt about it, the final judgement after bodybuilding is great one, but it doesn't compliment all functional fitness has to offer.

2 - Heavy Weight Training

Functional fitness is quite similar to weightlifting and bodybuilding in various ways. You'll get the body and appearance you want and most likely more than those of a normal functional fitness routine. You'll also be able to lift amazingly heavy weights which is great, right? Not in every case.

3 - Group Training

When you're training by yourself in your own home, you have the luxury of comfort and solitude. Anything you're doing suits your needs. All you have to do is make an environment that's fit for fitness and you're well on your way towards a healthy lifestyle. The making of your new person is done by your hand, which is pressure on no one else but yourself.

Chapter 4: Common Mistakes with Functional Fitness

There are many common mistakes most people make when they start working out by themselves or even when they're starting out in a gym. So, before you start out on your own routine, take a look of some of the things that can go wrong before you make these very mistakes.

An Everyday Routine

One mistake people tend to make all too often is doing the same workout every single day. If you do this, you'll never get the ideal muscles, tone, and body that you want. Yes, over time these workout sessions will get easier and you'll feel the strength in your limbs while doing this, but watch yourself crumble when you have to try a different workout.

Love What You Do

Some people work out because they feel they have to with no other choice. No one can truly determine your own situation quite like you can, but this is the wrong mentality. You should never approach your workout sessions with resentment. Always look to your workouts with optimism and confidence.

Dieting

Another one of the most common mistakes people make when they're starting out, they think they have to start dieting! No matter what science and TV health programs try to tell you, dieting isn't the perfect solution for weight issues. Nowadays, people are coming to realize that diets actually limit you way too much.

Rolling with No Goals

There's no race to be won if there's no finish line. You always have to chart out your goals before you start working on a project.

In this case, the project is yourself, and you need to place some goals on what you want to do. Do you eventually want to have that hard core six pack? Are you aiming for a fitter, stronger you? Lay out your goal and make it clear to yourself, otherwise you may as well be running head first into fog.

Chapter 5: The First Component of Functional Fitness: Power

When you first think of the word power, you may think of the word strength next. When it comes to working out though, this isn't the case. Power and strength are two different aspects when it comes to exercise, each targeting and influencing different parts of the body.

What is Power?

Power is much harder to maintain than your level of power. The most common way to enhance your power would be by applying heavier weights to your workout so that you can perform your actions with greater resistance.

To further understand why you need to maintain your level of power, think of all the places where you need to be quicker and have more speed.

Power in your Daily Life

Have you ever watched the public bus drive past when you needed to catch it, and broken into a run? This is where your power would heavily influence whether or not you catch that bus.

Power Moves

A note to remember; when it comes to most exercise moves, they've already combined all four components of functional fitness into the exercise. The following exercises are examples of those that you can use to gain benefit in all fields including power, with these reasons further explained.

1. Jump squats
2. Dumbbell Curl
3. Plyo Lateral Lunge
4. Burpee

Chapter 6: The Second Component of Functional Fitness: Strength

Next on the list of components is the mighty force of strength. Strength is what most people tend to pay attention to, though it isn't the only thing that makes you a stronger person as a whole. Strength is the foundation you want to be sturdy and reliable in order for you to build over it.

What is Strength?

Everyone has their own level of strength; some greater and some lesser. In your daily life, if you pay close attention to all you do, you'll come to realize that there are many times when you apply strength.

You'll also notice that not all strength is the same. There are different types of strength that you apply every day, those being;

1. Maximum Strength

2. Elastic Strength
3. Strength Endurance

Strength in your Daily Life

Strength applies to all aspects of our life. You can be emotionally strong, mentally strong, socially strong and more. In this case, you're concentrating on your physical strength. Physical strength is used in every move you make. When you walk, run, jump, heave and shove, you're using your strength to do so.

Strength Moves

Strength exercise should always target your entire body. Since strength has to be your foundation for all of your physical activities, it's better if you get all the body parts pumped and ready for action in one go.

Chapter 7: The Third Component of Functional Fitness: Range of Motion

Next along the list of what contributes to your functional fitness workout is your range of motion. Your range of motion is defined as the measurement of movement around a specific body part.

What is Range of Motion?

Range of motion can be associated with your flexibility, but they aren't entirely the same thing. Flexibility is the abstract movements your body can perform. Range of motion is quite literally the range of how far you can go. So when you work on your flexibility, you're also working on extending your range of motion.

Range of Motion in your Daily Life

Range of motion applies to everything you do, though you may not notice it in your daily actions. When you stretch to reach something overhead, when you take a longer stride to step over a puddle, when you kneel down to find something hidden under your bed, they're all examples of range of motion in your life.

Range of Motion Moves

These actions are better done in between at the beginning and in the end of your workout. All of these moves are done better when you hold them for minimum 20 seconds each.

1. Lunge with a Spinal Twist
2. Butterfly Stretch
3. Seated Shoulder Squeeze

Chapter 8: The Fourth Component of Functional Fitness: Balance and Endurance

Finally, to complete the set of four, there's the last and final component, balance and endurance. These two work together in all ways and help enhance everything you can do, including the other components listed above.

What is Balance and Endurance?

Balance and endurance both have separate definitions. Balance is defined as your capability to control, handle and manage your body's movement. There are two types of balance to consider, those being your static balance and your dynamic balance. Static balance refers to the balance you must acquire while you're stagnant, completely still. This type of balance is easier to learn to control over your dynamic balance which is your level of balance when you're mobile.

Balance and Endurance in your Daily Life

Balance and endurance keep you running through the day in the most minimal way. They go together as well as rhymes do, harmoniously ensuring that you have the equity and stamina to progress through the events occurring all day, every day. As the saying goes, everything works when there's a balance.

The simplest and most relatable example would have to be when going up the stairs. While going up the stairs, each moment you lift your foot is a split second of momentary balance. Without that balance, you'd go tumbling down the stairs.

Balance and Endurance Moves

When it comes to these kind of workouts, you're easily staring down some balance moves of all shapes and sizes. You can even have a full yoga session once or twice a week to cover this type of workout.

1. One Leg Stand
2. Plyo Lunge
3. Straight-leg Calf Raise