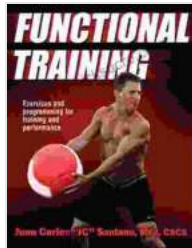


# Functional Training: The Ultimate Guide to Moving Better and Feeling Stronger



**Functional Training** by Juan Carlos "JC" Santana

★★★★☆ 4.6 out of 5

Language : English  
File size : 35233 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 989 pages  
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## What is Functional Training?

Functional training is a type of exercise that mimics everyday movements. This means that functional training exercises are designed to improve your ability to perform tasks that you do in your daily life, such as bending down to pick up something, reaching overhead to grab something, or squatting down to sit.

Functional training is different from traditional strength training, which is typically focused on isolated movements. For example, a traditional strength training exercise might be the bicep curl, which is designed to isolate the biceps muscle. Functional training exercises, on the other hand, work multiple muscle groups at the same time and involve movements that are more similar to those that you perform in your everyday life.

## **The Benefits of Functional Training**

There are many benefits to functional training, including:

\* Improved balance and coordination \* Increased strength and power \*  
Reduced risk of injury \* Improved flexibility and range of motion \* Enhanced  
athletic performance \* Weight loss and improved body composition \*  
Reduced pain and improved quality of life

## **Functional Training Exercises**

There are many different functional training exercises that you can do.  
Some of the most common exercises include:

\* Squats \* Lunges \* Push-ups \* Pull-ups \* Rows \* Deadlifts \* Kettlebell  
swings \* Plyometric exercises (such as jumping jacks and burpees)

## **How to Get Started with Functional Training**

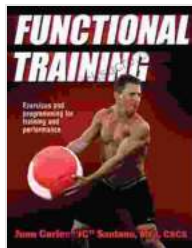
If you're new to functional training, it's important to start slowly and  
gradually increase the intensity and frequency of your workouts. You should  
also choose exercises that are appropriate for your fitness level and that  
you can perform with good form.

To get started, you can try ng a few functional training exercises each day.  
You can start with a few bodyweight exercises, such as squats, lunges, and  
push-ups. As you get stronger, you can add more challenging exercises,  
such as deadlifts and kettlebell swings.

You can also join a functional training class at your local gym. These  
classes are typically led by a certified instructor who can teach you the

proper technique for each exercise and help you to create a workout plan that is tailored to your individual needs.

Functional training is a great way to improve your overall fitness and health. It can help you to move better, feel stronger, and reduce your risk of injury. If you're looking for a new way to get in shape, functional training is a great option.



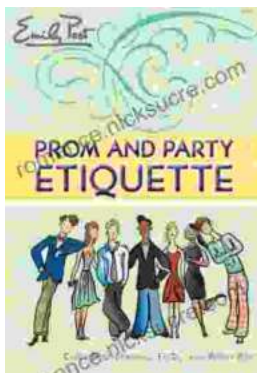
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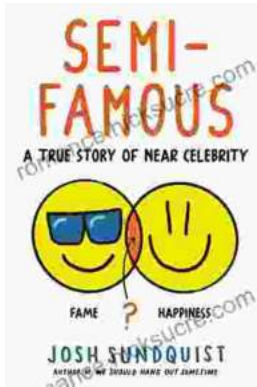
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