



# FUNCTIONAL STRENGTH TRAINING

## DEFINITION

Functional Strength Training techniques are exercises that mimic the movements and tasks individuals perform on the daily, or may need to complete for an activity.

## GOAL

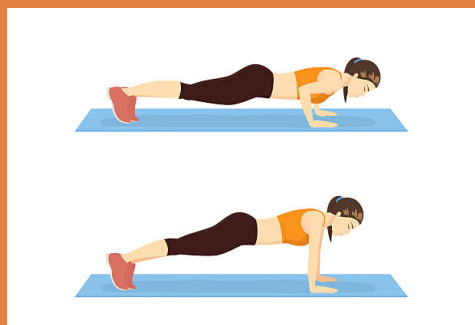
The goal of functional strength training techniques is to help individuals successfully complete everyday activities without the worry of minor functional injuries such as a tweaked back or a sprained ankle. They work to improve physical capabilities and train the body to move more efficiently.

## HOW IS IT PERFORMED?

Functional strength training uses compound movements, or isolated muscle groups, and recruits multiple muscles per action.

Functional strength training includes using a full range of motion, while including anti-rotational and unilateral movements. It incorporates the 7 human movement patterns, such as push, pull, squat, hinge, lunge, twist, and carry.

## PUSH-UP



## LUNGE



## MED BALL THROW

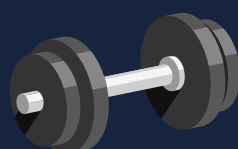


When performed correctly, functional strength training can improve posture and flexibility while contributing to muscle strength!

CrossFit includes some of the movements involved with Functional Strength Training!

Functional Strength Training equipment depends on the goals of the individual and can be done without any equipment, but here are some examples of equipment that can be used!

## DUMBBELLS



## MEDICINE BALL



## RESISTANCE BANDS



## WHO WOULD BENEFIT FROM USING FUNCTIONAL STRENGTH TRAINING TECHNIQUES?

Functional strength training can be performed by any individuals. Since its goal is to contribute to the efficiency of completing everyday tasks, anyone hoping to reduce the risk of injuries, improve muscle imbalances, gain strength and endurance, or even lose weight can use these techniques. However, the older generation would benefit from functional strength training the most to keep themselves healthy and continue to have strong coordination and power.

BY MATTEA BUSLETTA

# SOURCES

<https://blog.nasm.org/functional-training-compound-workouts>

[Canva Images](#)

<https://extension.usu.edu/healthwellness/physical/build-a-strong-foundation-with-functional-strength-training>

<https://health.usnews.com/wellness/fitness/articles/what-is-functional-strength-training>

[iStock Photo Links](#)

[https://www.google.com/url?](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fillustrations%2Flunges&psig=AOvVaw1hFtz3H-ORukPHND_UifPS&ust=1711485301226000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxqFwoTCKjntpKjkiUDFQAAAAAdAAAAABAE)

[sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fillustrations%2Flunges&psig=AOvVaw1hFtz3H-ORukPHND\\_UifPS&ust=1711485301226000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxqFwoTCKjntpKjkiUDFQAAAAAdAAAAABAE](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fillustrations%2Flunges&psig=AOvVaw1hFtz3H-ORukPHND_UifPS&ust=1711485301226000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxqFwoTCKjntpKjkiUDFQAAAAAdAAAAABAE)

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fvector%2Fstep-to-instruction-in-push-up-gm578104104-](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fvector%2Fstep-to-instruction-in-push-up-gm578104104-99362979&psig=AOvVaw28Hg2rLhor2pBxAUknelqZ&ust=1711485315338000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxqFwoTCJDz_emjkiUDFQAAAAAdAAAAABAE)

[99362979&psig=AOvVaw28Hg2rLhor2pBxAUknelqZ&ust=1711485315338000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxqFwoTCJDz\\_emjkiUDFQAAAAAdAAAAABAE](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.istockphoto.com%2Fvector%2Fstep-to-instruction-in-push-up-gm578104104-99362979&psig=AOvVaw28Hg2rLhor2pBxAUknelqZ&ust=1711485315338000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxqFwoTCJDz_emjkiUDFQAAAAAdAAAAABAE)

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.vectorstock.com%2Froyalty-free-vector%2Fmedicine-ball-throw-exercise-vector-](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.vectorstock.com%2Froyalty-free-vector%2Fmedicine-ball-throw-exercise-vector-34732262&psig=AOvVaw0FhwzZ8wLK_Fcjzj2eqRJI&ust=1711485343203000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxqFwoTCJjo3vGhkiUDFQAAAAAdAAAAABAE)

[34732262&psig=AOvVaw0FhwzZ8wLK\\_Fcjzj2eqRJI&ust=1711485343203000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxqFwoTCJjo3vGhkiUDFQAAAAAdAAAAABAE](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.vectorstock.com%2Froyalty-free-vector%2Fmedicine-ball-throw-exercise-vector-34732262&psig=AOvVaw0FhwzZ8wLK_Fcjzj2eqRJI&ust=1711485343203000&source=images&cd=vfe&opi=89978449&ved=0CBIQjRxqFwoTCJjo3vGhkiUDFQAAAAAdAAAAABAE)

<https://www.nextavenue.org/functional-strength-training-people-over-50/>

<https://precisionsports.net/info-center/functional-strength-training/>

<https://www.planetfitness.com/community/articles/functional-fitness-training>