

Yoav Avidar – International Fitness Presenter

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FMC-Training™ (Functional Metabolic Circuit)

Presented By Yoav Avidar, MPE

Functional:

Functional training is a term used to describe **exercises that help you perform activities in everyday life more easily**. These exercises typically use the whole body — definitely multiple muscles — and emphasize core strength and stability.

When looking on a practical point of view we can address the primal movement model as a movement base line that describes the essential movement for all.

The human body works in complex movements that combine muscle groups, fascia, joints, the nerve system and more. People are better trained in movement patterns than in muscle isolation, in order to get a better everyday function.

We can address to 7 basic pattern (primal movements) that are essential to train and from them we can develop high performance motor abilities:

- 1. SQUAT**
- 2. LUNGE**
- 3. BEND / HINGE**
- 4. PUSH**
- 5. PULL**
- 6. TWIST / ROTATION**
- 7. GAIT (coordination / balance / cardio – CCB)**
- 8. CORE (my addition...😊)**

Metabolic:

The main reason of not being physically active among people living modern life is not having the time for it.

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Around this argument the fitness industry came up with the buzzword of HIIT and similar programs that are short, intense and have a meaningful positive influence on a variety of physiological factors (the famous "TABATA" research).

Circuit Training:

Circuit training is a familiar training method based on working stations. The method works on developing and improving several fitness components at the same time (cardio, strength, ROM and more). Circuit training has usually a large energy expenditure in a relative short workout.

The circuit training is based on performing a sequence of resistance / cardio exercises using a short period of time of rest between the exercises. Every participant performs a round of exercises in a pre planned order and a round is a single circuit. The number of rounds performed in a session will be based on the fitness level of the participants and the session goals and time frame.

Planning the workout:

1. Pre workout:

- Studio setting
- Presenting the workout stations

2. Warm Up:

- The circle
- Athletic
- Content (the patterns)

3. Main part:

- 3 rounds of 45 sec work / 15 sec rest (transition) / 1.5 min rest between circuits.

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An example of a workout structure:

Parameter	units
Station work time frame	45 seconds
Transfer time between stations	15 seconds
Number of exercises in a circuit	8
Number of circuits	3
Rest time between circuits	1.5 minute
Work load	40%-50% from 1 RM

4. HIIT Finisher (TABATA / EMOM / RFT...)

5. Stretching & Relaxation

Ways to change / control the exercise intensity:

1. Speed
2. Resistance
3. Speed + Resistance
4. Impact (low – high)
5. levers and holding the arms over the head
6. Combining muscle groups
7. Plyometric exercises
8. Asymmetrical exercises

Setting the order of the exercises:

1. Intensity – cardio / muscle groups
2. Body position – on your knees, weight barring on the wrists...
- 3. Grip**

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Planning the workout:

Squat	Lunge	Push	Pull	Twist	Bend	C.C.B	Core

Today's workout:

BOSU	Med Ball	KB	Body weight
1. Shuffle across to burpee (CCB). 2. Full sit up to standing (Core + Squat)	3. Alternate side lunge & press. 4. Russian twist.	5. R Gorilla row / L Gorilla row. 6. KB Russian swing. (2 rounds)	7. 2 x lunge switch jump + squat jump. 8. Hand release push up/

Supersets - 3 rounds of 45 sec work / 15 sec rest
1 min break between station

Finisher:

Burpee shoulder taps ladder Tabata challenge...

Thank You For Attending the WS 😊

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