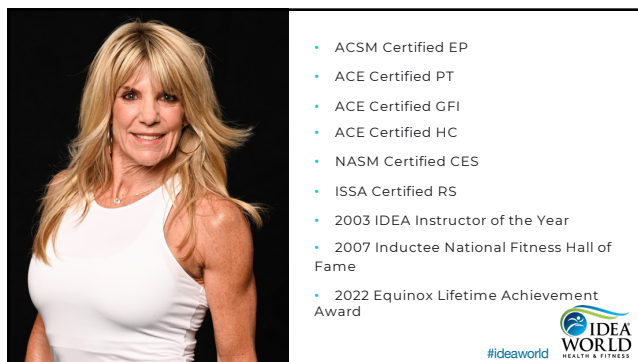
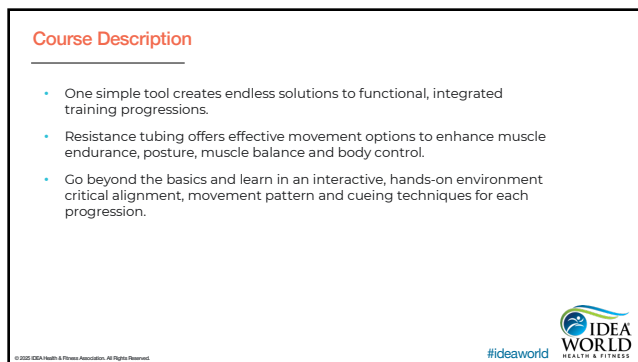




1



2



3

Functional Movement Defined

- Trains the body as an integrated whole through all planes of motion and focuses on whole body movement, with multi-muscle, multi-joint rather than isolated single joint exercise.
- Movements create demand input from the nervous system for balance, proprioception and motor learning
- Movements like squats, lunges, pushes, pulls, and rotations are common in functional training because they resemble actions used in daily life, work, or sports. The goal is to enhance overall functional fitness, reduce the risk of injury, and improve performance in both daily tasks and athletic activities.



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Six Primary Movement Patterns

1. Bilateral Bend and Lift
2. Single Leg
3. Push
4. Pull
5. Rotate
6. (Loaded Carry)



5

Partner/Anchored Training

- Angle/line of pull advantage
- External anchor
- Expanded exercise selection
- Effective
- Can adapt for group or PT



6

Program Design

Hybrid Sets: Sequencing multiple movements into the same exercises
Games and drills to amp up the fun factor!

Theme: High Volume Training. Tri-planar muscular
Endurance to balance Stability/Mobility.
Partner/anchored training for an external anchor point

Goal: Increase TUT to build muscle strength endurance
with little-to-no rest



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Series 1.

Total Body:
Front Lunge and Rotate/Chop

Squat/Stand/Shoulder Extension

Walk-Back ISO Shoulder Extension

Core:
Standing Anti-rotation Chop

Standing ALT Chop and Stop



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Series 2.

Total Body:
Squat and Chest Press

Split Squat and Bow and Arrow Pull

Rear Lunge and Biceps Curl

Core:
Side Plank and Alternating Rotation

Side Plank and Row



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Series 3.

Total Body:

Step-in Adductor Stability (side-by-side)

Walk out External Rotation Stability (side-by-side)

Squat and Sagittal Opposition Chop

Core:

½ kneeling Anti-Rotation Press (side-by-side)

Quadruped Row



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Series 4.

Total Body:

Squat and Bilateral Row

Alternating Transverse Lunge with High Pull with Partner Stabilization

Transverse Squat with Horizontal Abduction

Core:

Side-by-Side V-Sit Sagittal Chop (Anti-Rotation)

Side-by-Side V-Sit Alternating Rotation



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Solo Training/Self-Anchor

Travel Training or to Increase TUT

Warm up: 5-10 minutes

Perform each exercise: 40sec, 20 sec inter-exercise recovery,
30 sec inter-set rest

Set Timer: 40:40 x 4 x 8

Finish with Bodyweight Core

Stretch 7-10 minutes



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Solo Training

Series 1. Row, Chest Press, Rear Lunge, Lateral Walk

Series 2. Curl, Triceps Press-back, Side Squat, Penguins

Series 3. Shoulder Press, Scaption Raise, Transverse Sumo, Combine Lateral Walk with Penguins

Series 4. Seated Bilateral Row, Seated ALT Row with Rotation, Seated Curl, Seated Abduction

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Combo Mix and Match

Perfect Combination of equipment!

Tubing: Perform unilateral lower/upper R/L

Dumbbells: Perform total body alternating
Time: 45:20 x 5 x 3

Warmup: 5-10 minutes

Core: Bodyweight 5-10 minutes

Stretch: 5-10 minutes

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Resistance Tubing and Dumbbells

1. Tubing:

Side Lunge, Row (R/L)

Dumbbells:

Side Lunge and Row (ALT)

2. Tubing:

Rear Lunge, Shoulder Press (R/L)

Dumbbells:

Rear Lunge and Shoulder Press (ALT)

3. Tubing:

Transverse Sumo Squat, Biceps Curl (R/L)

Dumbbells:

Side Squat and Triceps Press-back (ALT)

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Travel Training

Perfect for Maintaining Strength While Traveling

9 exercises, 30-minute training session including warmup and cool down

Perform first set all exercises on right side

Perform second set all exercises on left side

Timing: 50:20 x 9 x 2



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Tubing Travel Training

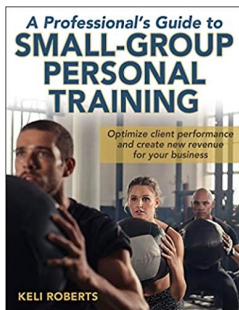
Rear Lunge
Shoulder Press
Rear Lunge and Shoulder Press
Side Lunge
Row
Side Lunge and Row
Transverse Sumo Squat
Chest Scoop
Transverse Sumo Squat and Chest Scoop



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Thank you for joining me!

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