

Functional Fitness Modalities



Semper Fit
Health and Fitness

Functional Training

- Functional training is a system of conditioning activities that are designed for the specific purpose of enhancing one's performance in life, combat, sport, and/or activity.
- It is dynamic, multi-planar, multi-directional, rotational, specific to the sport or activity, and trains the body the way it's supposed to move.

Functional Strength

- Functional strength relates to training for performance and movements applicable to combat and other activities of daily living.
- Developing specific strength, flexibility and agility will enable results to achieve combat readiness.
- Train with a purpose, train with intent, train for the mission.

Training for the CFT

- Traditional training is still important but will not adequately prepare the Marine for the CFT
- Combat fitness training is necessary
 - Energy system training
 - Functional training
- Training for the CFT will help a Marine improve their PFT

4 Pillars of Human Movement

- Locomotion
 - Moving in any direction
- Rotation
 - Rotational movement
- Change in Center of Gravity
 - Center of mass gets higher or lower
- Push/Pull
 - Bringing an object closer to, or pushing it away from the body



Tactical Performance

Making of a Tactical Athlete

- Dynamic warm-up
- Balance and coordination
- Core and functional strength
- Speed, agility, quickness (SAQ)
- Power
- Flexibility



Dynamic Warm-up



Dynamic Warm-Up

- Includes integrated flexibility and joint stabilization
- Increases body temp
- Increases range of motion
- Reduces muscular tension
- Aids in coordination
- Develops body awareness
- Reduces risk of injuries
- Preparation for activities
- Up to 15 minutes



Balance and Coordination



Balance



The ability of the body to maintain a desired posture either static or moving

Balance and Coordination

- Barriers to good balance:
 - Lack of...
 - Proprioception
 - Endurance
 - Strength
 - Concentration
 - And/ Or...
 - Sustaining Injury, Illness or disease

Balance

- Benefits of good balance:
 - Stable under all conditions
 - Ability to move in unpredictable conditions
- Environmental Feedback
 - Surface changes
 - Center of gravity changes

Coordination

- A skill-related component of physical fitness that relates to the ability to use the senses, such as sight and hearing, together with body parts in performing motor tasks smoothly and accurately
- Coordination is the movement performed by body parts described as being smooth and accurate

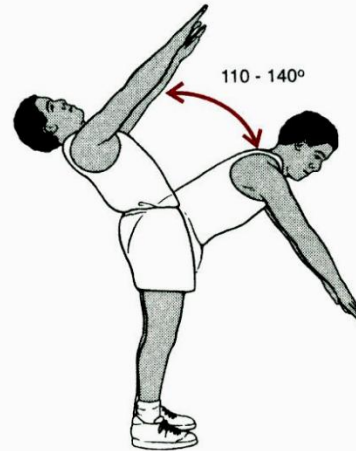


Core

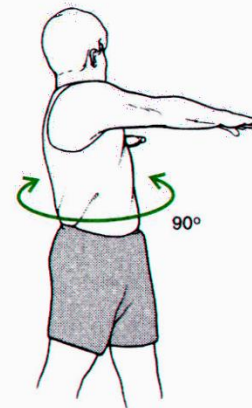


Core

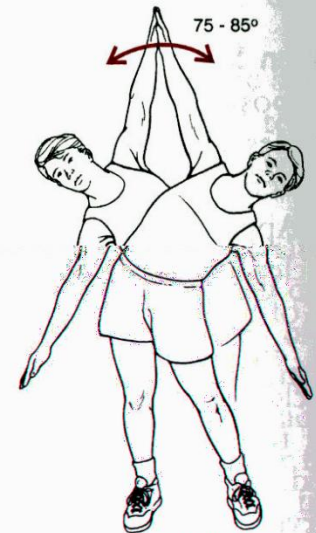
- Supports the spine
- All movement includes trunk
- Movement in the 3 planes
 - Sagittal- Flexion and Extension
 - Frontal- Lateral
 - Transverse- Rotational



Flexion and Extension



90°



Lateral Flexion

Power



Power is the time rate at which work is done or energy is transferred.
The ability to act with force.

Power



Power

Speed x Strength = Power

↑ Speed = ↑ Power
(assuming strength remains the same)

↑ Strength = ↑ Power
(assuming speed remains the same)



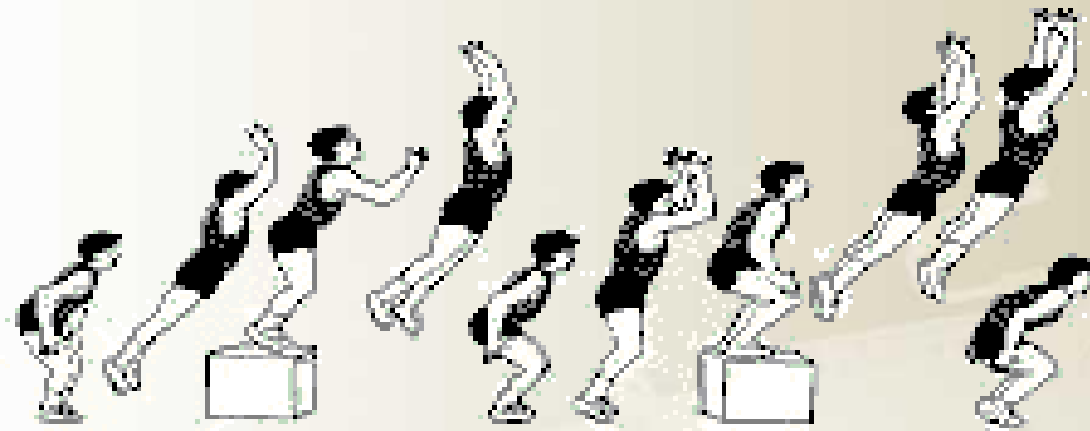
Training for Power

- Olympic Lifts
 - Front Squat
 - Overhead Squat
 - Clean
 - Snatch
 - Push-Press
 - Deadlift



Training for Power

- Plyometrics
 - Type of exercise training designed to produce fast, powerful movements, and improve the functions of the nervous system



Training for Power

Plyometric Drills

- Plyometric drills are a fundamental part of combat fitness training
- Plyometric drills help develop rhythm, speed, power and muscular endurance
- Training focuses on rapid deceleration and acceleration of muscles that create a stretch-shortening cycle
- Strive for speed of execution
 - Visualize the ground on fire
- Limit ground contact
 - Explode immediately after
- Recover between all sets
 - Think quality, not quantity.
- Examples
 - Bounding
 - Jumping
 - Hopping
 - Skipping
 - Hurdles

Questions?

