



# FUNCTIONAL TRAINING

What the heck is this all about?

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## Great question. Big topic. I'll keep tracking that week to week.

- o Remember... we're not just a big ball of muscles. The human body is a **vast network of nerves**....constantly giving our spinal cord and brain feedback about movement.
  - Who's moving?
  - How fast?
  - What direction?
  - In what combinations?
  - Is something moving toward me?
  - What am I about to do?
  - How heavy is the object I'm holding?

....an endless list of information that we process to end up with the next movement or reaction on the field or court.

A big technical term we use related to this idea is **PROPRIOCEPTION**...or in general terms, the awareness of movement in space.

When we think in **Applied Functional Science** approaches at **Peak Performance** we ALWAYS consider the proprioceptive influences of that movement. Exercise and rehab are more than merely loading an exercise and finding the right weight and reps and sets scheme to stimulate lactic acid or fatigue or a "pump" in the muscle. Sweat and the inability to move the next day do not equal a good, or at least the right workout.

A big key is considering all the movement nuances and demands of a sport. Traditional exercises and lifting often gets stuck in a fixed way of thinking about loading muscles based on common weight lifting movements done in the gym or based on the machines seen in the exercise circuit at the health club.

Don't forget...those **nerves are always turned on, and always listening**. The big question is ...



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## **What are your nerves telling you and teaching you about how those muscles and joints function?**

Are the ways you choose to move in the gym or at PT "authentic" and familiar to how those same muscles and joints move for your sport or are they just a bunch of difficult exercises that made you tired?

Listen next week for some specific examples to help you understand better!

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