

# Helen to the Rescue

## FUNCTIONAL TRAINING

So, what is Functional Training? It's simply a workout that strengthens you in a way that directly translates to an activity. For most people, the practical application of functional training is to make daily activities easier to perform. Exercises that move forward and backward, side to side and incorporate rotational movements using free weights. The more you train functionally, the better you'll become at working your entire body as one system and as a result build core strength and stability.



### Functional exercises versus isolation exercises (like a bicep curl)?

Think about it: How often do you simply stand in place and lift something from waist level with just your bicep? Never! Recruiting multiple muscle groups is going to prevent strain injuries that happen from using one muscle group. Our bodies rely on seven basic movement patterns to get things done: squat, lunge, pull, hinge, walk, push, and rotate.



Here's an example. Think about lifting a heavy suitcase. If you do it incorrectly and just bend over instead of squatting or deadlifting, you're likely to use and potentially strain your lower-back muscles. Try practicing a suitcase squat.

- Stand with your feet about shoulder-width apart, a dumbbell in each hand with your arms resting along the sides of your legs, palms facing in.
- Bend your knees and push your hips back as you lower into a squat.
- Drive through your heels to stand, squeezing your glutes at the top, for 10 reps.

### More Functional Training Fun Push-up

- Start in a high plank with your shoulders directly above your wrists, legs extended behind you.
- Bend your elbows and lower yourself while keeping your core and glutes engaged.
- Push through your palms to straighten your arms for 10 reps.



### Deadlift

- Stand with your feet hip-width apart, knees slightly bent, a dumbbell in each hand in front of your quads.
- Hinge forward at your hips and bend your knees slightly as you push your butt way back, keeping your back flat. Slowly lower the weight along your shins. Your torso should be almost parallel to the floor.
- Keeping your core tight, push through your heels to stand up straight.
- The only place where success comes before work is in the dictionary



Yours in Fitness,

Helen



**Helen Pufahl MS, NASM-CPT**  
Helen's love of fitness began at an early age. She practiced dance, gymnastics, as well as, track and field. She's an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant, and Senior fitness specialist. Owner: Unique Health & Fitness

**EXERCISE YOUR RIGHT  
TO MOVE IT *and* LOSE IT!**

**Personal Training  
Iyengar Yoga  
Massage Therapy  
Acupuncture**



75 New Street, Huntington Village  
631-673-5600 | [www.uniquehealthandfit.com](http://www.uniquehealthandfit.com)