PUTTING THE FUN INTO FUNCTIONAL TRAINING

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OUTLINE FOR THE SESSION

• Our definition of functional training
• Why is fun important?
• The intelligent approach to movement preparation
• Using the tools of the functional trainer to create new experiences
• Benefits for your clients and for your business
DEFINING FUNCTIONAL TRAINING

- Fit for..?
- Integration
- Movement
- 3D
- Rhythm and timing
- Body ‘freedom’
• Emotional (Hormones)
• Mental
• Physical
• Fellowship
• Business angle - client retention
• Work with the myofascial lines to increase range of motion
• Work the elastic potential of all tissues – muscles AND connective tissue
• Improve reactivity
• Improve rhythm and timing
• Focus on the three major joints in the body – ankle, hips and thoracic spine
• Load tissues eccentrically
• Hand reaction game or “core war”
OUR TOOLS TODAY
AND WHAT TO DO WITH THEM!

• ViPRs
• Smart toners
• Softshells or sandbells
• Balls
• Balloons
• Cones
BENEFITS AND FINAL THOUGHTS

- Physical, mental and emotional enhancement to human beings, not just human bodies
- Long term client wellness
- Connection
- The power of client recruitment of clients
- Retention of business
- Unexpected outcomes
- Our experiences
THANK YOU – KEEP IN TOUCH

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• Products and educational resources available from www.qpec.com.au