

Importance of Functional Training

Functional Training; just another BUZZWORD or SALES PITCH? The answer is no! Functional Training incorporates training with our everyday life. From picking up groceries to mowing the yard; Functional Training allows us to perform life's tasks more efficiently. Functional Training does this by training a movement which allows the brain, body, and stability to work as one.



What is Functional Training? Origin?

If you have ever suffered an injury, you know that the correct rehabilitation will get you back to your everyday task. Imagine taking rehabilitation one step further and incorporating it into a daily exercise. Functional Training does just that. It is defined as "an activity that trains movement" and includes: balance, stability, core training, and dynamic training. The result is performing sports and daily activities more easily and without injuries.

Studies have shown that Functional Training can provide a greater increase in strength and stability over fixed motion machines. And even though most of us use this type of fixed motion training, Functional Training will allow us to do most of the same exercises we are use too in a more functional manner with greater results.

Why is Functional Training important? Benefits?

Functional training benefits better muscular balance and joint stability, possibly decreasing the number of injuries sustained in an individual's performance and/or sport. The benefits start from the use of training that emphasizes the body's natural plane of motion. In comparison, though many basic gym equipment may be safer to use, they restrict movements to a single plane of motion. Functional training has proven to provide great strength gains and improvements in balance than that of training only on a fixed plane.

Startling Facts:

If people are not active in sports or physical activities (in other words doing something that challenges their stability and ability of muscles to react), they start to lose balance as early as their teens. Due to this lack of balance; after the age of 70 nearly 85% of people die from complications due to breaking a hip.

What types of equipment is best for Functional Training?

The perfect equipment is going to depend on whether you need ease of use or family friendly or even sports specific. The following equipment will give you an idea of what is right for you and/or your family.

Equipment

Hybrid Gym



Almost everyone is familiar with the all-in-on gym or universal gym, but what a lot of people don't know is how much these gyms have evolved. A lot of manufactures understand the importance of Functional Training and have

incorporated this ability into their gyms; truly making it an all-in-one. With many people finding comfort in the all-in-one gym; the hybrid gym will offer you the best of both worlds. You will have the opportunity to compliment your workout with Functional Training. This type of gym is going to provide a lot of growth; as it can be used from the beginner to the advanced user.

Single Stack Functional Trainer



The single stack functional training gyms are going to provide a greater variety of Functional Training exercises. They also tend to have a smaller footprint than your traditional gyms. With the ability of traditional cable movements, sports specific movements, and pilates style movements; this provides endless possibilities in the amount of exercises that you can do. Some of these units even come with sporting attachments, such as a golf club or baseball bat. The single stack functional trainer is an example of true Functional Training; giving you the ability to recruit all major muscle groups while moving in multiple planes. They provide a smooth, continuous action which reduces the need for momentum to start repetitions, provide a constant tension on the muscle, peak contraction is possible at the top of each rep, a safe means of performing negative repetitions, and as stated above the ability to add a variety of attachments that allow great flexibility in the exercises performed and body parts targeted. This type of gym is perfect for sports oriented and average users; thus requiring a little more knowledge in training.

Dual Stack Functional Trainer



The dual stack functional training gym is going to provide the same as the single stack, but with some great additions. The dual stack will allow multiple users at the same time to work out. The dual stack unit is going to provide a better weight placement; meaning instead of sharing a stack for your range of motion each stack is used individually. The type of gym is very popular at health clubs and is the BEST form of Functional Training. It is great for the average to advanced user, family and sport specific user.

Resistance Tubing, Balls, Etc.



There are many accessories on the market to assist with functional training. A lot of these accessories can be great compliments to the listed machines above. Whether it be using an exercise ball instead of a bench or standing on a balance disc while performing numerous cable exercises. Adding these accessories will further your success and provide some fun to your workout.

Functional Training Accessories:

- Medicine Balls & Kettlebells
- Resistance Bands
- Physioballs (Swiss Balls or Exercise Balls)
- Balance Disc's
- TRX Suspension Training

Our History, Our Future, Our Story - Exercise & Leisure Equipment Company

In 1936, Franklin Delano Roosevelt was the President of the United States, the book Gone With The Wind was published and a man named Art Becker from Northern Kentucky started a company called Health Equipment Company. He sold a product called "The Exercycle" door to door for years. Once the business built up over many years, he opened a store in Norwood Ohio. He added more products like treadmills, bikes, and gyms to sell to commercial facilities to help the company grow. Each year business got bigger and bigger. Art's two son's Mark and Jerry entered the business in the late 1970's to help the company grow even more. They renamed the company Exercise and Leisure Equipment Company and opened a "mega" store located in Columbia Township - Ohio to showcase fitness in a grand fashion. In the 1980's fitness and health started to become a main concern to people due to illnesses related to lack of exercise. Jerry's two son's went to college and began to work in the family business in the late 1980's / early 1990's. In 1994 Exercise and Leisure Equipment Company expanded back to where it had started in Northern Kentucky. Our Ft. Mitchell location showcases the highest quality residential fitness equipment brands on the market. Fitness equipment categories like treadmills, elliptical machines, bikes, climbers, rowers, free weight benches, home gyms, etc are on display for customers to try out and ask questions. Exercise and Leisure Equipment Company has been the tri-states resource for home and commercial fitness equipment for many years. Come in and see 70+ years of experience in our company details. Here are just a few of them:

- # 1 Our "FITNESS TEAM" is educational about helping you make the correct purchase, not selling you on a piece of equipment. Meaning we will give you the information to help you make a decision based on product facts and exercise regimens. You make the decision to buy yourself, not "pushed" by a salesperson.
- # 2 "In-Home" installation and delivery are offered on most of our products. Some restrictions do apply! Ask about details when in our store. Our delivery crew(s) are employees who work for us, not subcontractors. We come to your home, in our company trucks and company uniforms. No need to worry about "some assembly required" with Exercise & Leisure - we make it look easy.
- # 3 Service is second to none! Every person who purchases a product from Exercise and Leisure will have access to our service department when it is needed. Again, no subcontractors here! They come to your home in company service vans and company uniforms. Most service calls are responded to within 72 hours.

Exercise & Leisure Equipment Company - "On our third generation: growing & going strong." -

Randy Becker

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