**Functional Continuum**

This is the concept that not only do you want to workout to look and feel good, you want to train for specific sports movements or activities. As a result, it makes sense to train the patterns and muscles specific to the sport you are going to be playing.

Realize when setting up a program that you cannot make all of your exercises high on the functional continuum but will combine both activities high on the Functional Continuum with others that are effective in developing general strength. Do not feel you need to choose between a strength workout and a functional workout.

**Factors to make an Exercise More Functional**

Most Functional

Least Functional

a. Body Position

Standing, Sports Position

Seated or Lying Down

b. Stability

Less Stable



c. Kinetic Chain-definition – describes interrelated groups of joints and muscles working together to perform movements.

Closed Kinetic Chain- - movement not used in sports

Open Kinetic Chain- sports movement