



# THE **LEAN** BERETS

## AVENGERS OF HEALTH!

### Functional Fitness Flowchart

We use a “structure-first” approach to movement which means **SAFETY FIRST**. Set your structural foundation before loading with more weight and speed. We suggest you follow this progression to get the most out of our on-site fitness programming for injury prevention and functional fitness.

#### **1. Functional Movement Screen-FMS (Whole Body Movement Patterns)**

- A 15-minute systems check screen for seven different prime movement patterns to highlight potential injury issues for purposes of correction.

#### **2. FMS Corrective Homework (Mobility & Stability)**

- Three major areas for improvement are highlighted—ankles, hips, and shoulders. Based on FMS results, exercises for problem areas are recommended. Learn the exercise modifications so you can progress safely.

#### **3. Kraus-Weber Test (Postural Fitness)**

- Test for MINIMUM postural strength and flexibility. To live free of back pain, you need a minimum level of postural strength and back/hamstring flexibility. Corrective exercises are then given to facilitate passing K-W.

#### **4. Foundations Class (Basic Movement Skills & Equipment)**

- Learn how to use restorative tools plus eight foundational body movements, Primal Move, and equipment basics used in our fitness programming. *\*This class is essential to optimize your FMS results!*

### ***Progressions & Options Beyond Orientation***

#### **Strength Training Class**

- Get strong with our progressive weight lifting class. The class is designed to progress you each week to build a *balanced* and strong body.

#### **Kettlebell Class**

- Flexibility, strength, and “High-Performance” cardiovascular fitness all in one hour.

#### **Metabolic Conditioning Class**

- Build a fat burning metabolism by ramping up your fitness with rest-based training. We use TRX, sandbags, bands, battling ropes, weighted medicine balls, kettlebells, jump boxes, and more. Class intervals are based on 30 second work + 30 second rest repeated for about 20 minutes.

#### **Reassess Test Scores! (FMS & K-W)**

- To make sure your fitness program design is working, we want to re-assess the FMS at least twice a year. Once you have reached a score of **\*14 or above**, we want to keep you there for optimal injury prevention. \*(A score of less than 14 means you are 2-3X more likely to be injured while moving.) The K-W Test can go from fail to pass in as little as a few weeks, so re-assess this as needed too.