

# B.E.A.S.T Fit Functional Training Program



**ORIGINAL GYMSTERS**

— Your Teammates in Fitness —

Welcome to Original Gymster's B.E.A.S.T Fit functional training program. Here, our fitness professionals have developed a program that is aimed to improve your activities of daily living (ADLs), or basic tasks that must be accomplished everyday for an individual to thrive. WE HIGHLY SUGGEST READING THE WHOLE PROGRAM RATHER THAN SKIPPING TO THE EXERCISES.

- **What are ADLs?**

Health practitioners have developed a functional assessment model that breaks down human functions into 12 activities of daily life:

1. **Maintaining a safe environment**
2. **Communication**
3. **Breathing**
4. **Eating and drinking**
5. **Elimination**
6. **Washing and dressing**
7. **Controlling temperature**
8. **Mobilization**
9. **Working and playing**
10. **Expressing sexuality**
11. **Sleeping**
12. **Death and dying**

Particular activities such as communication, washing/dressing, elimination, controlling temperature, expressing sexuality and dying cannot be changed with exercise. Therefore, we suggest you seek other help if you find yourself deficient in any of these activities. As for the others, our functional training program can be very useful in improving them.

## **Maintaining a Safe Environment**

Although you may be out of control of your environment, you can control how you react to it. We are not referring to your social environment, but your physical presence in an environment. Jumping out of the way of bus or a moving car takes speed, balance and reaction time. Let's not forget the impact on your joints after jumping. B.E.A.S.T Fit strives to improve balance and the mobility/ stability in your joints, making you less susceptible to injury.

## **Breathing**

Breathing is extremely important. Learning how to breathe through your diaphragm regularly not only helps improve posture, but strengthens the core. B.E.A.S.T Fit will cover breathing and will

emphasize its importance throughout the program as it pertains to mobilization, strength and balance.

## **Mobilization**

Mobility and stability in your joints are key components of mobilization. Mobility is the ability to move through the full range of motion of your joints. Stability is the ability to control joint movement. Being deficient in either of these principles will result in an injury prone body. B.E.A.S.T Fit strives to improve mobilization through various functional exercises.

## **Sleeping**

Sleeping is slightly trickier to improve with functional exercise because it's difficult to enhance something you've been doing your whole life in favor of comfort. B.E.A.S.T Fit breaks down sleep as its own functional exercise as it pertains to breathing and posture.

- **Justifying the Program**

Each letter in the acronym, B.E.A.S.T, as you may have seen before, has a purpose in this program and will improve your daily life. Here, we'll break down the acronym and justify its importance in the program in order to give you a better understanding of what we're really trying to accomplish. Everyone and anyone can benefit from this program, however, if you have a specific injury or goal, we suggest contacting us directly and scheduling a free consultation to better understand your personal needs.

## **B.E.A.S.T Fit:**

### **Balance**

We at Original Gymsters believe that balance is the result of attaining better mobility and stability in your joints. Controlling your joints and being able to move them freely is balance.

### **Endurance**

Fundamental muscular and cardiovascular endurance are essential to living a better life. No one wants to be tired after going up a flight of stairs or walking uphill to work. Endurance helps prevent heart problems and actually improves heart function and blood flow in the body leading to a healthier temple and a happier you.

## **Athleticism**

Our goal with implementing athletics in this program is not to make you into the next LeBron James or Michael Phelps, but to help you take control of your muscles. Your muscles are influenced by motor neurons that work as impulses passed from your brain or spinal cord to a muscle or gland. Controlling motor neurons is essential to stabilizing and moving your muscles to your liking or as it pertains to survival. We don't want you pulling a muscle after trying to catch the bus.

## **Strength**

Being strong is more than just lifting as much weight as possible in a particular lift. Functional strength is about being able to hold a contraction for a long time, becoming less fragile in your joints and having a strong, stable core.

## **Technique**

This part of B.E.A.S.T Fit is more of a freestyle part in which you can take on any discipline that would help practice and improve the other principles taught in this program. Boxing, yoga, tai chi, powerlifting and many more principles help implement these principles and improve your daily life.

## ● **The Program:**

PLEASE NOTE: There are hundreds, if not, thousands of functional exercises including regressions and progressions for them. For the purpose of keeping this program as simple as possible for your understanding, all exercises will be bodyweight exercises and will include both a progression and regression in case the exercise is too difficult or easy. If you require further assistance, schedule a free fitness consultation and we'll be more than happy to help.

### **Self Myofascial Release (SMR)**

Big word? I know but it's very important for optimal improvement in this program. What is it? To put it simply, this is the exercise science word for what is to be accomplished through foam rolling. Fascia is much like that slimy layer on a chicken breast that you can peel off. Every structure in the body — organs, muscles, nerves, blood vessels, etc. — is covered in a layer of fascia. It's almost akin to oil in your car's engine — it allows everything to run smoothly and slide without friction. Through the overstress of our muscles, whether through overuse or trauma, our layers of fascia can get tears in them. When the tears don't heal properly, the various layers of fascia in your body can adhere together in spots (called adhesions), which will cause pain and discomfort. These adhesions keep your muscles from working the way they're supposed to, which keeps your body from living up to its potential for strong and natural movement are covered in fascia. We suggest getting a foam roller to keep at home and use on a daily basis.

Here are some of the top foam rolling exercises:

### **Calves (Gastrocnemius/Soleus)**

Place foam roller under the mid-calf. Cross the opposite leg over the top of the other to increase pressure. Slowly roll calf area to find the most tender spot. Hold that spot for 30-90 seconds until the discomfort is reduced. Especially beneficial for runners or those who regularly wear shoes with elevated heels (8). Switch legs and repeat.

### **Adductors**

Lie face down and place one thigh, flexed and abducted, over the foam roller. Slowly roll the upper, inner thigh area to find the most tender spot. Hold for 30-90 seconds until the discomfort is reduced. Switch legs and repeat.

### **Tensor Fascia Latae (TFL)**

Lie on one side with the foam roller just in front of the hip. Cross the top leg over the lower leg, placing that foot on the floor. Slowly roll from the hip joint down toward the knee to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Switch sides and repeat.

### **Piriformis**

Sit on top of the foam roller, positioned on the back of the hip, crossing one foot over the opposite knee. Lean into the hip of the crossed leg. Slowly roll on the posterior hip area to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Repeat on other side.

### **Latissimus Dorsi**

Lie on one side with the arm closest to the ground outstretched with thumb facing upwards. Place the foam roller under the arm in the axillary region. Slowly roll back and forth to find the tender spot. Hold for 30-90 seconds until the discomfort is reduced. Repeat on other side.

### **Thoracic Spine**

Lie on the floor with the foam roller behind the upper back. Cross arms to opposite shoulders. Raise hips off the floor and slowly roll back and forth to find the tender spot. Hold for 30-90 seconds.

**Foam rolling, alone, will make a huge difference in your everyday life. Try it!**

**Now, on to the B.E.A.S.T Fit Program by Original Gymsters.**

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NOTE: Having proper nutrition to fuel your workout as well as recover is essential. This includes proper hydration. If you have questions or concerns, feel free to contact us on [Originalgymsters.com](http://Originalgymsters.com). All exercises can be progressed or regressed by decreasing or increasing the number of sets and repetitions. Remember to breathe diaphragmatically! Breathe in before contraction and breathe out after.

## Part One: Full Body Self Myofascial Release (as explained above)

## Part Two: Dynamic Warm-Up

Get the heart rate going, warm up the muscles and tune in to the workout through these simple movements. Perform all exercises with little rest and adjust volume according to fitness level.

1. Plank: 60 seconds
2. Inch warms: 10 reps
3. Yoga Squat: 10 reps (hold for 10 seconds at the bottom)
4. Push-Ups: 10 reps
5. Walking Lunges: 20 reps (Long strides)

## Part Three: The Workout

For each exercise, rest 60 seconds. Decrease rest as you progress.

Exercise	Description	Progression	Regression	Sets	Reps
Deep Squat	Squat as low as you can and return to the top for one full rep.	Goblet Squat: Hold a dumbbell with both hands in between your legs.	Box Squat: Squat onto a surface slightly below knee level and return to the top.	3	15
Reverse Lunge	Lunge backwards with one leg until your back knee is almost on the ground and return to the top.	Reverse Lunge with rotation: Rotate your torso to the side of the	Step up: Step onto a surface slightly below knee level using one	3	20

		non moving leg at the bottom.	leg.		
Thoracic Opener	In a push up position, reach one of your hands to the ceiling until both your arms are at a vertical line.	Before reaching to the ceiling, reach under the opposite armpit	Do this exercise on your knees.	3	20
World's Greatest Stretch	In a push up position, lunge as far forward as you can with one leg. Place your hands on the inside of your leg and raise the hand closest to your leg to the ceiling for one rep.	Hold the position for 10 to 30 seconds at the top.	Place one knee on the ground	3	20
Scarecrow	Stand with your back, head and heels against the wall. Place your arms at a 90 degrees against the wall. Without bending your knees try to get as much of your body on the wall as possible.	Perform wall angels on the wall.	Make a horizontal line with your arms against the wall.	3	60 sec
Elbow Planks: 30 for 30s	In a push up position, place your elbows on the ground and squeeze your core while breathing. Do not drop your pelvis or raise your butt too high.	Touch the ground with each side of your hips in a rocking motion.	Maintain a push up position.	5	30s
Single Leg Hinge and Drive	With your hands to your sides, reach one leg as far back as you possible can, hinging at your hips. Then drive the leg forward and in front of you at 90 degrees.	Add weight	Hold onto something while performing the motion.	3	15/ea
Push Up Position to Downward Dog pose	While in push-up position, lift your hips up to form an upside down V with your body.	Hold the downward dog position for 30 seconds each rep.	Perform just the downward dog and hold for 30 seconds.	3	20
Dowel Stretch	While holding a dowel or stick in front of you using the widest grip possible, raise the bar over your head then behind you with your arms straight.	Slow down the movement and maintain a completely upright position.	Hold the bar over your head in an upright position.	3	10
Inch Warmes	From an upright standing position, bend over and use your hands to	Perform a push up in the position position.	Bend your knees in order to get your	3	10

	walk yourself into a push up position then go back.		hands on the ground for the initial movement.		
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**Final Note:** Use this program as a reference for workouts that will improve your performance. The program is meant to introduce you to a more functional approach to fitness that does not involve lifting heavy weights or looking good, but instead improves the components that are essential in every human body to perform those actions. Therefore, B.E.A.S.T Fit is for everyone!