



**PERFORMANCE 101: What are four different training types?**

**Summary:**

**Each Type of Training Matters!**

**Each should be done throughout the course of a week. Aerobic and Muscular Training are the most important. Read on**

**1. Stretching and Mobility**

**2. Muscular Training**

**3. Functional Training**

**4. Aerobic Training**

# Each of Type of Training Matters!

**Each should be done throughout the course of a week.**

**Aerobic exercise** delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. This improves heart and lung health, which gives you more energy to tackle daily chores. It can be as simple as going out for a walk at a moderate to somewhat hard pace for more than couple minutes. Ten or more minutes is preferred. Remember pace/intensity is all relative. What might be easy for someone might be hard for someone else.

**Aerobic exercise should be done 3 or more times a week. Make sure you warm up before (What is a warm up and cool down).**

**Muscular ability** is the capacity of your muscular system to exert force and to repeat/sustain force. **Muscular training develops muscular ability.** Muscular strength is the ability to elicit maximal force while muscular endurance is the ability to elicit force repeatedly. It can be as simple as doing common movements to momentary muscular failure like a body weight squat. A workout should have all the major body parts worked (arms-bicep curls, legs-squats, chest-push ups, back-rows) done for 1 set for 10-15 reps or momentary failure. These exercises have been divided into two types (compound and isolation). Compound exercises simply work one major muscle group, while compound works more than one.

A common definition of **functional training** is that it attempts to adapt or develop exercises which allow individuals to perform the activities of daily life more easily and without injuries. Functional training does not need to be complex. It can be as simple as doing Basic Core (bridges, bird dogs, crunches), Balance (standing on one leg), and Compound Exercises like Push Ups, Squats and Lunges.

**Muscular and Functional Training should be done 2 to 3 times a week.**

Flexibility is the available range of motion around the joint, which is improved with stretching. There is no benefit from being hyper-flexible. A normal, balanced (side for side), and pain free range of motion is preferred. This assures good joint health and pain-free efficient movement. Stretches should be done across the body in a slow manner. Never push a stretch. I like to tell people to let it happen. Mobility Movements are large movements throughout a joints range of motion.

**Stretching and Mobility Training in some fashion should be done daily.**

**Cardiovascular Fitness is considered the most important component of fitness**

**YOU CAN BE HEALTHY BUT NOT PHYSICALLY FIT AND VICE VERSA, IT WOULD BE GREAT TO BE BOTH - BUT GENERALLY SPEAKING IF YOU POSSESS ALL THE COMPONENTS OF FITNESS YOU ARE**

# Impact of Training on Fitness-Thicker Arrows

more Impact

Components of physical fitness:

body composition

flexibility

muscular strength

muscular endurance

cardiorespiratory endurance

Training Types  
Stretching and Mobility

Muscular Training

Functional Training

Aerobic Training

Muscular, Functional, and Aerobic Training has the most impact on your Fitness. Mobility Training has less of an impact but it should be done.



# Impact of Training on Fitness Goals-Thicker Arrows more Impact

## Goals

Increase Overall Health  
Decrease Body Weight\*  
Lose Fat  
Increase Tone  
Build Muscle  
Increase Stamina  
Improve Performance  
Improve Mental Well Being  
Decrease Pain

1. Stretching and Mobility

2. Muscular Training

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**Muscular Fitness Impactful**

