



Move Better Before You Move More



Corporate
Fitness
Works

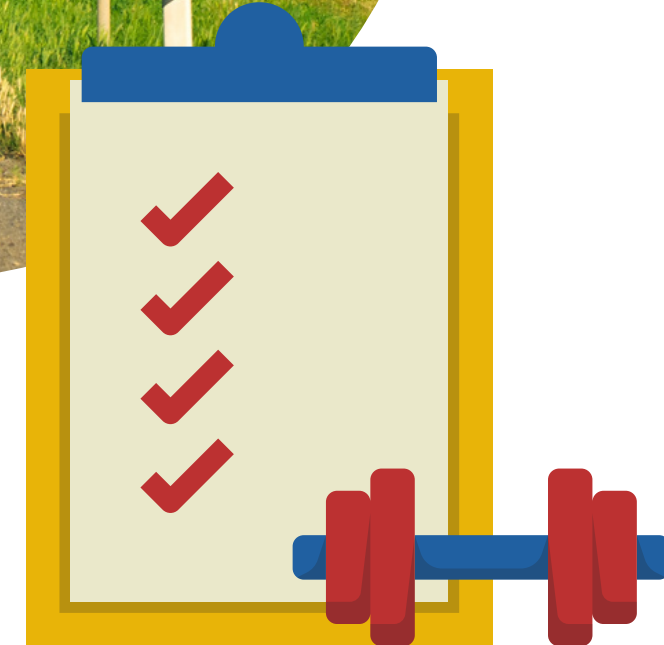
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Proceed with Caution

When starting a journey on the road to fitness, safety is something that should be considered carefully.

- Check in with a physician if known health risks occur to receive approval for exercise
- Master safe, correct and efficient movement patterns
- Exercise in moderation
- Take rest days
- Supply your body with proper nutrients and hydration

Take a further look into exercise safety [here](#).



Train with a Professional

Fitness, especially good form, is the same with safety being the highest priority. Injuries cost you gym time!

Physical therapists not only target injuries with corrective measures, but they can also find areas that are overactive and underactive. They prescribe inhibition or strengthening respectively.

Personal trainers are experts at teaching, analyzing and correcting movement patterns during exercise. Trainers also know how to guide volume, rest to work ratios, and target goals.

Check out small group training or group exercise studios.



Functional Movement Screen

This tool is used by trainers to assess movement and mobility. The trademark "**Functional Movement Screen**" is widely used and requires fitness professionals to purchase a training program and possess specific equipment to obtain metrics. A comprehensive scoresheet provides both trainer and client with crucial information regarding client needs.

Functional Movement Screen assessments:

- **Deep Squat**
- Hurdle Step
- **Inline Lunge**
- **Shoulder Mobility**
- Active Straight Leg Raise
- **Trunk Stability Push-up**
- Rotary Stability

Scoring the FMS:

- Completed perfectly as verbally described, score a 3.
- Completed with compensation(s), score a 2.
- Unable to perform the pattern as described, score a 1.
- If there is pain with the movement pattern, score a 0 and refer them to their primary clinician.

**Performing only the highlighted tests gives the trainer the ability to modify the assessment*



DEEP SQUAT ASSESSMENT

3

Upper torso is parallel with tibia or toward vertical | Femur below horizontal
Knees are aligned over feet | Dowel aligned over feet

2

Upper torso is parallel with tibia or toward vertical | Femur is below horizontal
Knees are aligned over feet | Dowel is aligned over feet | Heels are elevated

1

Tibia and upper torso are not parallel | Femur is not below horizontal
Knees are not aligned over feet | Lumbar flexion is noted



Inline Lunge Assessment



3

Dowel contacts maintained | Dowel remains vertical | No torso movement noted

Dowel and feet remain in sagittal plane | Knee touches board behind heel of front foot

2

Dowel contacts not maintained | Dowel does not remain vertical | Movement noted in torso

Dowel and feet do not remain in sagittal plane | Knee does not touch behind heel of front foot

1

Loss of balance is noted

Shoulder Mobility Assessment

3

Fists are within one hand length

2

Fists are within one-and-a-half hand lengths

1

Fists are not within one and half hand lengths



Trunk Stability Push-up Assessment

3

The body lifts as a unit with no lag in the spine.

Men perform a repetition with thumbs aligned with the top of the head. Women perform a repetition with thumbs aligned with the chin.

2

The body lifts as a unit with no lag in the spine.

Men perform a repetition with thumbs aligned with the chin. Women with thumbs aligned with the clavicle.

1

Men are unable to perform a repetition with hands aligned with the chin.

Women unable with thumbs aligned with the clavicle.



Corrective Exercise Training

Stability: your body's ability to safely and effectively maintain and control various postures as well as resist changes in equilibrium.

Mobility: how a joint moves through its normal range of motion. That range of motion varies depending on the type of joint.

Movement patterns are positively or negatively influenced by our repetitive routine of daily activity. There is a target of how much mobility and stability is desired for sport and recreation. For example, a gymnast requires a high level of mobility but not at the expense of sacrificing too much stability. Conversely, a football player requires a high level of stability but not at the expense of sacrificing too much mobility.

The good news is that we have control over our daily activities and targeted goals!



Mobility



Stability



Order of Events

So, your physician has cleared you for exercise, if necessary. You have also performed a movement assessment complete with a scoresheet and analysis by an expert. Now it is time to begin, whether you are continuing with a professional guide or doing your own homework.

Program Design:

- Have appropriate workout clothes, especially footwear.
- Get a water bottle.
- Select and dedicate the time and days of the week to exercise.
- The body of the workout should have a combination of corrective exercises and those you are adept at.
- Create a warmup routine specific to the workout and include the corrective exercises. (Easier to succeed here if you know the main workout already)
- Foam roll in the warmup and/or cool down with a focus on overactive tissue.
- Design a comprehensive stretch routine for the cool down.



Best Practices

Now it is time to practice what you have learned and get movement patterns as close to perfect as possible. Most of what is done during a workout can be broken down into individual variables that dictate intensity and directly target different goals. In phase 1 of a corrective exercise strategy, one should program variables at a light to moderate intensity.

Acute variables:

- **Volume** - The amount of work done in a specific time period.
- **Tempo** - The speed at which repetitions are performed.
- **Rest** - A timed ratio of work to rest between sets.
- **Repetitions** - The number of which is a good way to target different energy systems.
- **Load** - Or intensity, usually describes the weight being moved.
- **Frequency** - How often a bout of exercise occurs.

Read more in the article below to find out how the variables similarly or inversely affect one another. If you change one, you will likely need to change others.

Acute Variables



**And always remember that
workouts are fun!**

References:

Functional Movement Assessment

Safe Exercise Guidelines

Why Form is Important in Working Out

FMS Scoring Criteria

Acute Variables