EFFECT OF FUNCTIONAL RESISTANCE TRAINING ON MUSCULAR FITNESS OUTCOMES IN YOUNG ADULTS

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Introduction

Functional training is becoming increasingly popular within the fitness industry and has been considered to be a better alternative than traditional resistance training for improving various measures of muscular fitness. The purpose of this study was to determine if functional training has similar effects on muscular fitness, flexibility, balance, and anthropometric measures to traditional resistance training. We hypothesized that functional training will improve anthropometric and performance measures more effectively than traditional resistance training.

Original Article

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The verb form of the word “function” pertains to the performance of an action, work or activity. Thus, exercise training programs that are deemed “functional” should mimic tasks or activities of daily living (ADLs) to make training adaptations more transferable. Functional training is considered a better alternative than traditional resistance training for improving various measures of muscular fitness. The purpose of this study was to determine if functional training has similar effects on muscular fitness, flexibility, balance, and anthropometric measures to traditional resistance training. We hypothesized that functional training will improve anthropometric and performance measures more effectively than traditional resistance training.

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