



PREFACE

Pete Koch, Developer of FAST Functional Advanced Sports Training, has a pretty extensive background! NFL player, actor and now strength coach, Pete has done it all. This initial article explains in detail his F.A.S.T system that he has developed over the years from his broad background and knowledge of all athletics.

Check it out!

Smitty

The Diesel Crew

PS. Do you recognize him? Check his site out!



What is Functional Advanced Sports Training?

Pete Koch NSCA CPT, NASM SFS, NFL Alumnus

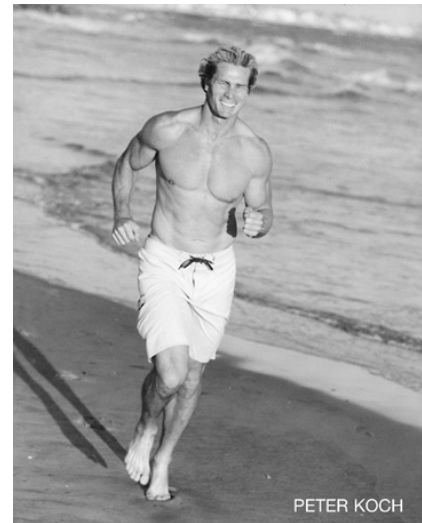
Developer of FAST Functional Advanced Sports Training

“The simple fact remains, however, that the stronger and more radiant we are, the more we can serve as a positive influence in the world. The more happiness we bring into the world, the better it is for everyone.”

-Dan Millman

“Absorb what is useful, reject what is useless.”

-Bruce Lee



I have been writing about how one can achieve physical fitness and conditioning excellence through proper exercise choices that are performed systematically and chronically. The ultimate goals of any general exercise program should include injury prevention, improved body composition, increased functional strength and the optimization of personal vitality and health. I have discussed numerous training methods,

considerations and strategies that can protect one from injury while eliciting the desired result in the shortest time period. In this article I will discuss the rationale behind my own training system that I call FAST.

The “F” stands for functional. *Functional: capable of serving the purpose for which it was designed.* (Webster’s Encyclopedic Unabridged Dictionary) For most adults, the level of functionality the their bodies provide them is woefully low. This has occurred in part because of the increasingly automated world we live in. In the 21st century, daily physical activity has been systematically and dramatically reduced. Everywhere one looks, the opportunity to use our muscles has been replaced by a mechanical device or a laborer. Remember that only 20 years ago people routinely rolled down the own car windows, pumped their own gas, took out their trash cans and walked them to the curb, carried wet laundry outside and hung it on a clothes line, mowed their lawns, (often with a push mower), watered their lawn, pulled weeds and even washed and waxed their cars. The point is that most people are not using our bodies like they once did, and the result is a decreased level of functional movement, flexibility and strength. This includes a poorly working, grossly underdeveloped neuromuscular system that further inhibits powerful and graceful mobility. Subsequently total caloric expenditure has been greatly reduced with very few people making the necessary reduction of calories. This caloric imbalance leads to an increased accumulation of body fat and all the diseases that accompany it.

A commitment to a functional resistance training program addresses this issue directly with exercises that correlate to increased muscular conditioning, muscular strength and enhanced functional movement. This approach is in sharp contrast to the usual “bodybuilder” exercises that most gym goers choose and personal trainers prescribe. Resistance training performed in a manner that isolates muscles while seated or on a machine that restricts your body to move solely through a pre-designed and singular plane of motion has virtually no crossover benefit to daily activities. Consequently it provides little or no benefit to sports performance be it on a professional or recreational level. In fact, most of these traditionally performed machine based exercises lead to a reduction in human performance and function.

To fully realize functional movement, strength and mobility benefit, one should strongly consider free weight and bodyweight exercises performed in integrated movement patterns that are consistent with the strength demands of daily living. Simply put, move and train your body like you needed it to perform challenging physical tasks for daily survival. That means exercising from positions that are consistent with how you will use your body daily, principally standing. I ask people why they would sit down in a machine to pick something up? I've never done that in my life so why go to the gym and practice it? It makes no sense. In fact, the real reasons "health clubs" have weight machines is to sell memberships to the great masses who don't know about or know how to train functionally. In my opinion, those machines take up a lot of space that could be far better utilized with barbells, dumbbells, cables, resistance tubing, stability balls and medicine balls, for these are the tools of the enlightened trainee as well as functional athlete. Think to build functional muscles that will enhance your life rather than "beach muscles" that offer little benefit.

The "A" stands for advanced. Many people lease cars because they don't want to go too long without driving a vehicle that utilizes the latest technology. That includes not only luxury items but also the most advanced safety features. Advanced is good in cars, and in regards to scientific fitness research and application to training methods, it is crucial. Some people believe that the workout their college roommate's boyfriend taught them ten years ago is going to help them get in great shape in record time. I say, probably not. I keep up with the latest strength, fitness and conditioning research and literature available. If you have a good physician, he or she is paying diligent attention to current medical research and studies in order to keep up with information necessary to provide you with the best medical care. I commit as all good fitness professionals do to keeping up with the latest information, as it is the only way to maximize training benefits.

The "S" stands for sports. Each year University's around the world spend in millions of dollars in research to find ways to advance physical human performance. Compare this to the research dollars invested to advance the performance of bodybuilders or accountants

for that matter. Zero. Athletes make for the best specimens to observe physiological and performance changes due to their accessibility to University sports medicine faculty, human performance laboratories and ingrained workout adherence. As a former professional athlete, I have intimate knowledge of the value of sports training and its great advantages over other training methods. I have tried them all including yoga, spinning, swimming, various machine training and nearly every type of group exercise class. My system of FAST training is superior for increasing both the look and performance of the human body. This style of training is simply a melding of field proven methods with consideration to maximum safety and results.

The “T” stands for training. It’s one thing to wax philosophically about how to workout but in the end it’s about doing it. Safety is of paramount importance while designing a training program that should always be easy to learn, versatile, challenging, evolving and reasonably fun. I tell people that when they are considering whom they might work with to provide professional fitness and conditioning guidance, ask yourself what would they look like instructing you if they were wearing just a swimsuit. If they don’t look like they are training chronically and move with athletic grace, I would seriously question their personal commitment and knowledge. I ask how can one expect motivation and inspiration from someone who lacks a personal commitment.

In conclusion I will quote the great 19th century strongman and philosopher Eugene Sandow who said, “Life is movement, movement is life”. Your choice of daily activities and exercises will have a profound effect on your appearance, longevity, resistance to disease and quality of life. I encourage you to consider the FAST concepts in making your training decisions. Like most things in life, exercise and physical fitness come in good, better and best. Strive to be your physical best and at the very least you will end up better. The quest for physical fitness is a lifelong journey that offers many rewards. I wish you all well in your journey.

If you found this article helpful, please forward it to all whom you think might benefit from it. I have developed the FAST training system to maximize the training effects of

people of all ages, sizes and level of physical condition. Your thoughts and comments are encouraged and welcomed. I can be reached through my website petekoch.com

PETE KOCH

www.PETEKOCH.com

Developer of FAST Functional Advanced Sports Training