

FUNCTIONAL STRENGTH

KETTLEBELLS, CROSSFIT AND MORE FUNCTIONAL
STRENGTH: BUILD STRENGTH YOU CAN ACTUALLY USE!



Functional Training Resource Sheet

Once you discover functional training, you'll find that it changes your entire life. This training is all about making your body stronger, more flexible, more stable and more energetic. The results are incredible but what's more is that it's a lot of fun.

If you'd like to learn more about this kind of training, or if you're looking for more ideas and advice, then refer to this resource sheet and you'll see just how deep the rabbit hole goes...

How to Perform the Kettlebell Swing

https://www.youtube.com/watch?v=5zAkYWo_4ts

This is a video from Tim Ferriss demonstrating how to correctly perform a kettlebell swing. He also shows you how to make a cheap alternative using a dumbbell. This is an incredible move and frankly, it can provide the backbone of an entire training regime all on its own!

Ido Portal

<http://www.idoport.com/>

Ido Portal is a guy who is trumpeting the importance of movement. He can do things you wouldn't believe and will change the way you think about the human body.

You can also see more by watching this video:

<https://www.youtube.com/watch?v=W0Wr7Hsyle0>

Or by listening to his interview on London Real:

https://www.youtube.com/watch?v=Z_-DI2feFms

Oh and to prove that Ido isn't a once-in-a-lifetime fluke, check out Frank Medrano:

<https://www.youtube.com/watch?v=RFPsvF3UOdo>

Not sure which of these guys is more insane!

Becoming a Supple Leopard

<http://www.suppleleopard.com/>

Another big name in this industry is Kelly Starrett. Kelly's book explains a ton about mobility and correcting bad movement patterns. It's a great book to read after this one.

Pavel Tsatsouline

<http://www.strongfirst.com/>

Pavel Tsatsouline is a guy who teaches people to use kettlebells to devastating effect and he's also the one who came up with the idea of relaxing into the stretch. In fact, you should also read his book: *Relax Into Stretch*.

Bodyweight Moves

<http://www.thebioneer.com/almost-every-bodyweight-exercise-ever-150-moves/>

It'll be a while before you can perform moves like Ido most likely. In the meantime, this comprehensive list includes over 150 bodyweight moves you can use to build more muscle and dynamic strength from home.

Bartendaz

Okay, one more video of people doing mad things with their bodies. Check out: The Bartendaz!

<https://www.youtube.com/watch?v=ZHZvkoUIJlw>

CrossFit

<http://www.crossfit.com/>

The sport is controversial and the website is shabby, but no discussion on this topic would be complete without mentioning CrossFit. Check out the site here.

MovNat

<https://www.movnat.com/>

Meanwhile, here is the official MovNat site, which is all about more natural movement in nature.

You should also watch this inspiring video from them:

<https://www.youtube.com/watch?v=SKGF-ErsJil>

This will make you wish that you lived somewhere a little warmer and more beautiful...

Vibram

Learn more about the company that is spearheading a more barefoot style of shoe here:

<http://us.vibram.com/>

Mark's Daily Apple

<http://www.marksdailyapple.com/>

Mark's Daily Apple is a great site that's filled with tips on 'primal living'. That includes moving more naturally but also eating a little closer to our ancestors. There's tons of good stuff here – be sure to check out the post on correct breathing technique!

As you can see then, this natural movement is a big topic right now. Why not make like MovNat and dive in?