



# MUSIC-DRIVEN FUNCTIONAL BODYWEIGHT



**Alessandro Pisanu**

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### ***About the presenter:***

Alessandro Pisanu is a certified Personal Trainer, Group Fitness Trainer, and Functional Fitness Trainer, Fitness Presenter, and 2022 IDEA Emerging Trailblazer Finalist based in Turin, Italy, with extensive experience in several fitness formats, including Functional Step, Functional Bodyweight, Functional Training, Postural, Flexibility, TRX, Nike Training Club Professional (NTC) and Advanced Training System (ATS).

Alessandro had several opportunities to work with outstanding fitness presenters and learned a variety of skills and techniques. Alessandro built a methodology that focuses on critical aspects of Functional Bodyweight such as quality of forms, proper cueing, and ability to create a powerful environment to challenge the participants to overcome their limits. Alessandro provides effective Functional Bodyweight trainings not only in B2B but also B2C settings. Alessandro's approach to Functional Bodyweight is not just fitness but also helps everybody express their own values and their creativities, allowing them to preserve good health in an inclusive environment providing equality as well as understanding of people's needs.

Alessandro earned his bachelor's degree in Sport Science from UNITO in Turin, Italy in 2017. He is currently completing his master's degree in Physical Education and Adapted Physical Activity (APA) to expand his skills in the field.

### ***About the session:***

This session is for all fitness professionals and enthusiasts. You will learn a basic concept of Functional Bodyweight by experiencing an actual Functional Bodyweight class followed by a workshop. The goal of the workshop is to provide participants with basic skills and understanding of Functional Bodyweight.

Functional Bodyweight is a new type of aerobic workout combining the classic Aerobic classes concept with muscle movements of a medium to high intensity functional bodyweight training without any equipment. Functional Bodyweight is a music-driven choreographed workout and will be a new driver to bring music-driven workouts back in your class / gyms by training and entertaining participants and attracting all genders at all levels.

## Session Agenda

1. Introduction (10 min)
2. Masterclass (50 min) - Participants will enjoy and experience a 50-minute live Master Class with two simple blocks (32 counts each)
3. Workshop – What is Functional Bodyweight? (40 min) - Participants will learn basic concepts of Functional Bodyweight.
4. Q&A (10 min)

# What is Functional Bodyweight?

## ***Main differences from Functional Step:***

- No use of step.
- The movement angles and spaces required for movement are potentially infinite.
- All moves are performed in contact with the ground, except jumps
- The pause phase called "step touch" is performed laterally on the frontal plane.
- The lead foot will follow the beat of the music and always start from the right side for the students, in Functional Step the lead foot will start on the left side of the step for the students

## ***Why do we call it Functional Bodyweight?***

Functional Bodyweight is a functional bodyweight workout, combining various functional moves such as squats, lunges, planks, and push-ups. Similar to HIIT, Functional Bodyweight combines high intensity moves with periods of low intensity moves. Functional Bodyweight is a music-driven workout, building a choreography during the class (normally 2-3 blocks in one hour class) like a traditional aerobics' music-driven class, combining all blocks and showcasing the entire choreography at the end of the class.

## ***What are the goals of Functional Bodyweight?***

Functional Bodyweight class aims to achieve and improve the following:

- Proprioception - Ability to always know how and where the limbs and body are positioned in space
- Coordination
- Cardiovascular training
- Muscle strength
- Muscle endurance
- Power
- Rhythm coordination

- Ability to invent and implement fluid movements and imaginative and functional combinations

### ***What are the benefits of Functional Bodyweight?***

Functional Bodyweight can provide both mental and physical benefits:

#### *Physical benefits:*

- Resistance to prolonged aerobic effort
- Training of the cardiovascular system
- Muscle power training
- Mind-muscle coordination

#### *Mental benefits:*

- Mental well-being (fun!)
- Feeling of success
- Get carried away by music and decrease stress

### ***How and why was Functional Bodyweight created?***

Functional Bodyweight is derived from classical aerobics classes; it was created by studying how the body could move in space by trying to link together several very important aspects to improve the human being's ability to move in space: coordination, mobility, flexibility, and strength. With Functional Bodyweight, it is possible to create choreography that focuses on specific muscle chains, joint mobility, or body strength. The real special feature of this format is that the instructor can draw his or her own creativity to structure classes that are always different and challenging.

### ***Is music important for Functional Bodyweight?***

Yes, music is a key element of Functional Bodyweight as it helps motivate and entertain participants throughout the class.

***Does Functional Bodyweight attract everyone? Who may not be suitable?***

Functional Bodyweight is good for everyone at all levels, unless there are medical reasons that prohibit such physical activities. The class can be modified for beginners by combining simple and less intense moves, or modifications and progressions can be provided during the class. Safety is the priority, and you will always need to make sure that participants can follow the moves safely. Participants need to pay special attention while performing the requested movements to prevent knee injuries. It is absolutely important that you provide training only to those people who have no medical condition that would prevent their participation in high intensity trainings (i.e. approved by their physicians).

# ***Functional Bodyweight Fundamentals***

## **Fundamental 1: Music for Functional Bodyweight**

- Square music
- Beat
- Phrases
- Sequences
- Periods
- Master beat
- Rhythm

## **Fundamental 2: Basic Steps and transformation in functional movements**

- Basic steps - March, Repeaters, Chassé, etc.
- Basic functional movements – Squat, Lunge, Plank, Push-up, etc.
- Flow – Animal Flow, Yoga Flow

## **Fundamental 3: Cueing for Functional Bodyweight**

- Importance of correct and timely cueing
- Verbal cueing and non-verbal cueing (body language)
- When to cue – Gym vs Online

## ***Interactive Session***

### **Topics to discuss:**

1. What did you learn from your first live Functional Bodyweight class today?
2. Was it as hard as you had thought?
3. Functional Bodyweight is not only teaching and training participants hard, but also creating a fun environment that participants will feel good and want to return to the class. Would you agree?
4. What are the most important factors to attract new members to gyms and make them enjoy and love this new format?



# **Stay in touch!**

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