



FUNCTIONAL STEP

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 Step 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 Step trainings not only in B2B but also B2C settings. Alessandro's approach to Functional Step 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 Step by experiencing an actual Functional Step class followed by a workshop. The goal of the workshop is to provide participants with basic skills and understanding of Functional Step.

Functional Step is a new type of aerobic workout combining the classic Aerobic Step concept with muscle movements of a medium to high intensity functional bodyweight training with a step. Functional Step is a music-driven choreographed workout and will be a new driver to bring steps 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 Step? (40 min) - Participants will learn basic concepts of functional step.
4. Q&A (10 min)

What is Functional Step?

Main differences from Functional Bodyweight:

- Use of step
- The angles of movement and spaces required for movement are potentially infinite, but the position of the step must always be considered.
- Most of moves are performed in contact with the ground and the step except jumps.
- The pause phase called "tap-up" is performed by crossing the diagonals, passing the side corners of the step; the right foot will rest on the left side of the step. On the step, changing the left foot will rest on the right side of the step.
- The leading foot (right foot for students) taps on the opposite side while in Functional Bodyweight, the leading foot does not cross the diagonal but stays on the same side.

Why do we call it Functional Step?

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

What are the goals of Functional Step?

Functional Step 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 Step?

Functional Step can provide both mental and physical benefits:

Physical benefits:

- Resistance to prolonged aerobic effort o 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 is Functional Step different from classic Aerobic Step?

Like traditional Aerobic Step or Step Dance, Functional Step uses a very similar choreography-building technique. However, Functional Step uses rhythm variations not only in the basic steps of aerobics but also in strength and power movements.

Is music important for Functional Step?

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

Does Functional Step attract everyone? Who may not be suitable?

Functional Step 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 to their feet when they land on the ground or their steps 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 Step Fundamentals

Fundamental 1: Music for Functional Step

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

Fundamental 2: Basic Steps and transformation in functional movements

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

Fundamental 3: Cueing for Functional Step

- 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 Step class today?
2. Was it as hard as you had thought?
3. Functional Step 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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