

FUNCTIONAL PATTERNS

Functional Patterns is a training methodology that was founded in 2006 by CEO Naudi Aguilar. Naudi has conducted seminars globally certifying practitioners like us. We confidently say that Functional Patterns is the best in the fitness industry, take a look at the results achieved world wide by Functional Patterns practitioners.



What are Functional Patterns?

Unlike any other point in human history, the greatest health crisis we face as a species is the imbalances that exist within our modern society and our misalignment with nature. This has had a substantial impact on our movement capabilities as we've shifted our daily practices from their roots in natural processes towards sociocultural processes.

How do we find balance in today's world with all the dys-biosis that surrounds us? It's simple, our adaptability to the natural environment determines our health. The better balanced we are with nature, the longer and stronger we live. For humans, this means bringing us back to the beneficial aspects of our evolutionary blueprint that made us healthy to begin with.

THE BLUEPRINT

There's an evolutionary blueprint to all organisms, and Functional Patterns has been cracking the code in human movement for nearly 15 years. Resulting from tens of thousands of hours in testing, we have pioneered the FP methodology, syncing the physics of our natural environment to our health better than any other system out there.

Our conclusion has been to train humans according to their biological movement characteristics: Standing, Walking, Running, and Throwing — The "FP Big 4". By optimizing these four human functions, achieving better health is not a gamble, but an inevitability. This is what it means to train Functional Patterns!

"We take the guesswork out of taking care of your body"

- » Address Dysfunctional Movement**
- » Increase Muscle Mass**
- » Drop Body Fat**
- » Reduce Risk of Injury**
- » Manage Stress**
- » Improve Energy**
- » Get Better Sleep**