

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. Just look at the results achieved worldwide by Functional Patterns practitioners.



What are Functional Patterns?

Unlike any other point in human history, the main health crisis we face is the imbalance within our society and our disconnection from nature. Moving away from natural practices and shifting towards a more modern way of living has greatly affected our ability to move correctly and stay out of pain.

So, how can we achieve balance in a world filled with imbalance? The answer is straightforward: our health depends on how well we adapt to the natural environment. The more harmoniously we coexist with nature, the healthier and more resilient we become. 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 how all organisms work 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"