

# HEALY'S HYBRED (periodized) FUNCTIONAL CROSS TRAINING



To understand WHAT IS ?

Healy's Hybrid (periodized) FUNCTIONAL CROSS TRAINING.

**Lets first DEFINE what it IS NOT !**

**HEALYS HYBRED (Periodized) FUNCTIONAL CROSS TRAINING**

**HAS ABSOLUTELY NOTHING TO DO WITH CROSS-FIT (tm)**

**IN FACT I CAN PROVE TO YOU CROSS-FIT**

is build on Zero Risk management Principles and without any understanding of Exercise Science or the Body's Chemical and Aerobic energy systems.

In my Opionion the "Cross-Fit" system is a 'Recipe for Injury and risk management disarster' refer my page dedicated to get the FULL DEPTH of why ,If your thinking of Cross-FIT (tm)

**DONT'T DO IT is my advise and see my page for the scientific reasons WHY:**

<http://www.healyshealth.com/cross-fit-is-complete-bull-s--why>

**THE DIFFERENCE WITH HEALY'S HYBRED (periodized) FUNCTIONAL CROSS TRAINING :**

(1)

Clear Seperation of the Body's Energy Systems and how they work relation to their Function  
for example Weights training or Olympic Weightlifting

**IS NOT A CARDIO EXERCISE**

Never Will be in a Million Years and should not be trained that way

See Cross fit is complete bull-s link above for details as to why.

<http://www.healyshealth.com/cross-fit-is-complete-bull-s--why>

(2)

### CLEAR SEPERATION ON WHAT IS AND IS NOT DEFINED AS A CARDIO EXERCISE

(True defination of a cardiovascular exercise is a steady state of exercise where the latic acid in the bood stream is processed by the body's system so that there is not a build up of lactic acid thus shutting the muscular system down)

This is achieved usually in a 'steady state exercise' for example running on a treadmill at 40 percent of maximum (able to breathe easily ).

Again refer to detailed study here :

<http://www.healyshealth.com/cross-fit-is-complete-bull-s--why>

(3)

### THE CROSS-OVERS OF THE 3 ENERGY SYSTEMS

#### Alatic

(chemical energy no oxygen required)

#### latic

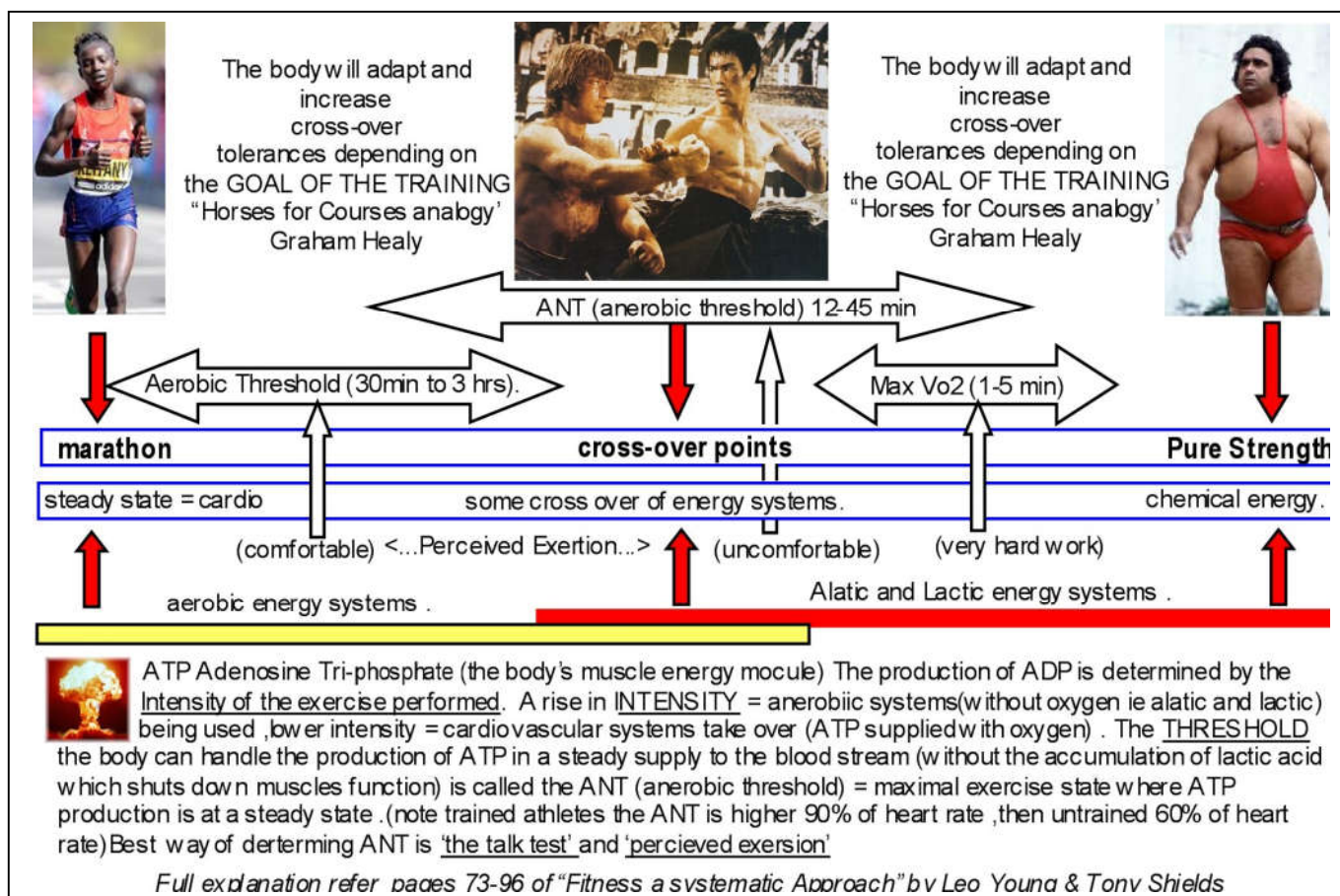
(chemical energy no oxygen required)

&

#### Aerobic

(Oxygen required to metablize Latic acid)

See Diagram Below:



(4)

**HEALY'S CORRECT PERIODIZATION OF FUNCTIONAL TRAINING MODULES****FIRST & FOREMOST THE TRAINING GOAL****(END RESULT)****MUST DETERMINE THE TRAINING PROTOCOLS TO ACHIEVE THIS****(END RESULT)**

This is the ART of Sports Specific Training, and to truly understand 'Sports Specific Training' YOU must have a WORKING PRACTICAL KNOWLEDGE of the Sports of Discipline FIRST HAND and then also have the Theoretical understanding of WHY you are doing WHAT.

Graham Healy Founder of Healy's Health has spend most of his life time uncovering these 'secrets of training' and the 'understanding of the science behind the training methodology'

Refer Graham Healy's profile here:

<http://www.healyshealth.com/introduction>

<http://www.healyshealth.com/home>

(Priorities of Functional Energy Systems)

Generally apart from a warm up (of say 10-15 min on a Life Cycle) to get blood flowing into the system plus if you take any of our Healy's Health Urban Muscle supplements

[www.healyshealthstore.com](http://www.healyshealthstore.com)

The Protocol is :

(a)

**FIRST**

Healy's Periodized Weights training

**WHY?**

Alactic & Lactic

or the Creatine Phosphagen systems create

**ATP ENERGY WITHOUT OXYGEN**

(sprinting, explosive power training, intensive weight training, Martial Arts kicks, Plyometric etc)

**SO THIS KIND OF TRAINING SHOULD ALWAYS BE DONE FIRST**

(b)

Cardiovascular Type Training

When I say Cardiovascular I mean that most 'so called' Cardiovascular training has an element of

**ANEROBIC TRAINING IN IT**

so for example you are doing 'steady state' exercise on a Life-Cycle and then you

'SPRINT' for 30 seconds

This then becomes a BLEND of energy systems

It will BLEND from Aerobic (with Oxygen) to Anaerobic (Without Oxygen)

back to Aerobic(With Oxygen)

SO THE SCIENTIFIC PROTOCOL IS

WEIGHTS TRAINING FIRST

**FOLLOWED BY VARIOUS CARDIO BLENDS OF TRAINING****FINALLY STRETCHING THE MUSCLES WHILE WARMED UP.**

(The best time for stretching is AFTER your workout)

HEALY'S SPECIALIZED MARTIAL ARTS HYBRED STRETCHING IS THE BEST

(The reason I say this is that I have designed the stretching especially to cater for

LOWER BACK and HAMSTRING ISSUES which is 90% of the Base from which back pain is created and solved via the Healy's methodology.

I have already made a comprehensive analysis and study of each MODULE of HEALYS HYBRED (periodized) FUNCTIONAL CROSS TRAINING and the reference points are here for your further study.

“Your Health is your Greatest asset”

Graham Healy

### Reference points by Graham Healy:

1)Cross Fit is complete Bull-s and WHY ?

<http://www.healyshealth.com/cross-fit-is-complete-bull-s--why>

2)Stretching and Lower Back issues and how to solve :

<http://www.healyshealth.com/lower-back-care>

3) Healy's martial arts Stretching :

<http://www.healyshealth.com/lower-back-stretching->

3)Boxing, Martial Arts, Olympic weightlifting:

<http://www.healyshealth.com/the-master-plan>

4)Olympic Weightlifting

<http://www.healyshealth.com/olympic-weightliftingcore-strength>

5)HEALYS HIGH INTENSITY WEIGHTS TRAINING

<http://www.healyshealth.com/high-intensity-training->

6)Healys Sports & Health Supplementation

[www.healyshealthstore.com](http://www.healyshealthstore.com)

<http://www.healyshealth.com/high-intensity-training->

7)Healys Boxing

<http://www.healyshealth.com/bert-healys-boxing-history>

8)Healy's Martial Arts Kicking

<http://www.healyshealth.com/grahams-martial-art-history>

<http://www.healyshealth.com/healys-tkd-and-basic-kicks>

9)Study by Leo Young Sports Scientist :

( B.App.Sc., (Sport Science), B.Bus., Grad.Dip. Clinical Nutrition, C.S.C.S).

Did You Know that Pure Strength should be trained separate to Cardio ?

Refer the diagram above by Graham Healy.

When you see 'Cross Fit', Circuit training , or Cross training often

The 'confusion' comes when the participants 'mix up the training protocols' without understanding the body's energy systems and how the body's physiology really works.

**STRENGTH TRAINING & CARDIO DO NOT MIX**

and you are best training them SEPARATELY  
IF YOU MIX THEM UP THEN UNFORTUNATELY

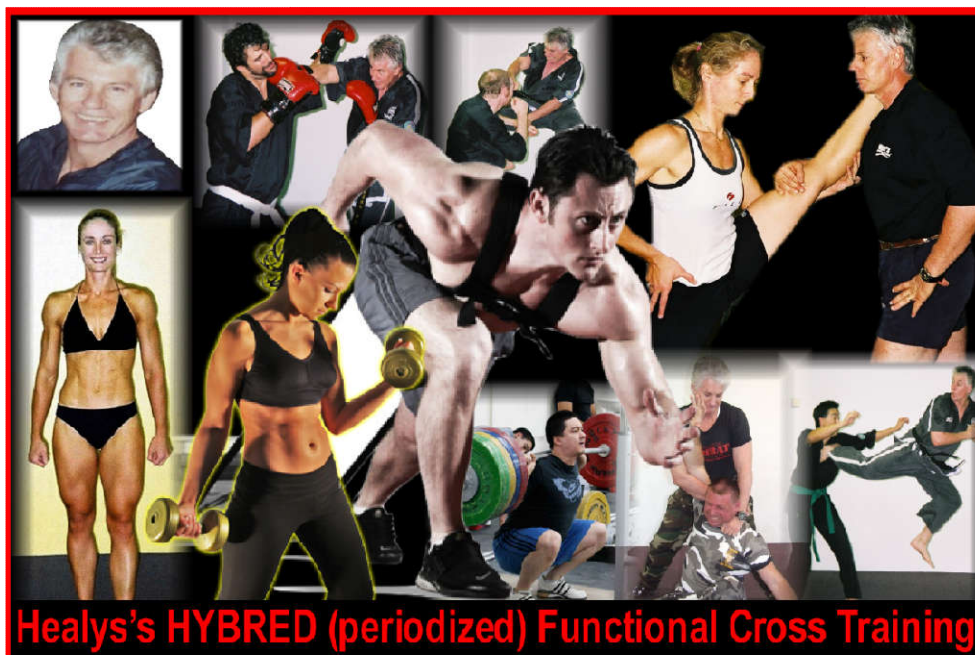
*"You get the Strength benefits of an Aerobics work out  
and the Aerobics/Cardio Benefit of a Strength work out "*

*to Quote Sports Scientist and World rowing champ Leo Young :*

(B.App.Sc., (Sport Science), B.Bus., Grad.Dip. Clinical Nutrition, C.S.C.S).

**Refer Link :**

<http://www.healyshealth.com/unlocking-healys-training-code>



[www.healyshealth.com](http://www.healyshealth.com)

[www.healyshealthstore.com](http://www.healyshealthstore.com)

[www.commandokravmagaaustralia.com](http://www.commandokravmagaaustralia.com)