



INTRODUCING THE FUNCTIONAL STEP

The Missing Link to Effortless Movement



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Introduction

Most runners struggle—not because they’re unfit, but because they never learned how to move correctly. The Functional Step is a revolutionary way to unlock effortless movement, eliminate injuries, and move like an elite athlete—without extra miles or expensive gear.

By learning this one simple movement, you’ll immediately improve your efficiency, prevent pain, and make running feel natural and easy.

Inside this free guide, you’ll learn:

- ✓ How to move in a way that reduces strain on your knees, feet, and lower back.
- ✓ Why your glutes and core should be doing most of the work—and how to activate them.
- ✓ A step-by-step breakdown of The Functional Step—so you can feel the difference instantly.
- ✓ How elite runners use gravity and elasticity for effortless movement—and how you can too.

Ready to experience this for yourself?

Let’s dive in.





Why Most Runners Are **Struggling**

(And How to Fix It)

Most people think running injuries come from weak muscles or the wrong shoes. But the real issue is how you move.

When you run using the wrong mechanics, you rely too much on your calves, feet, and quads, which puts excessive stress on your body. This leads to:

- ❌ Knee pain
- ❌ Achilles tightness
- ❌ Foot strain and plantar fasciitis
- ❌ Lower back discomfort

The Functional Step changes everything. It teaches you how to use your glutes and core as your primary propulsion system, so the rest of your body stays relaxed, and you move efficiently and pain-free.





The Science Behind the **Functional Step**

The Functional Step works because it aligns movement with the body's natural mechanics, leveraging key biomechanical principles:

1 Gravity-Assisted Forward Motion

Instead of muscling through every step, you allow gravity to pull you down in the coil phase, and forward in the propulsion phase, naturally working the human spring, minimizing unnecessary energy expenditure. This is how elite runners maintain effortless speed.

2 Glute-Driven Propulsion

Your glutes are the most powerful muscles in the body, designed for hip extension, which is the primary driver of efficient forward movement. Activating them correctly takes the load off the calves, quads, knees, and all the other supporting muscles of the body.



POP! RUNNING

3 Elastic Recoil Efficiency

Your muscles, tendons, and fascia store and release energy, reducing the metabolic cost of movement. This is what makes running naturally springy and light when done correctly.

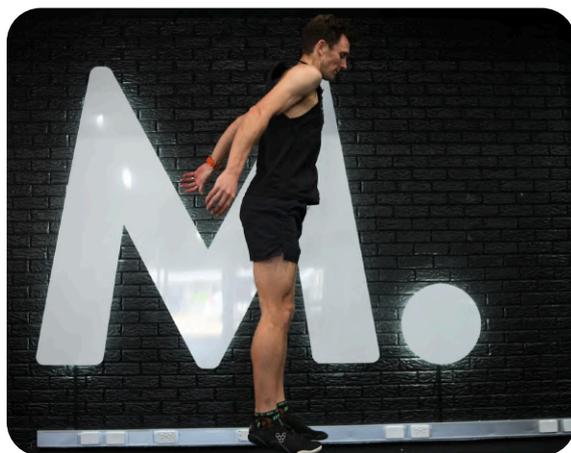
4 Whole-Body Integration

Instead of isolating muscles, you engage the entire kinetic chain, allowing forces to distribute naturally and preventing unnecessary tension and strain.

While this method is biomechanically logical, the challenge is helping people feel and integrate it naturally—especially if they've spent years running inefficiently. This is where specific coaching drills and movement patterns come into play to rewire their movement.

Even if it makes perfect sense scientifically, proving it with real-world results makes it undeniable.

Once you experience the difference, your running will never be the same.





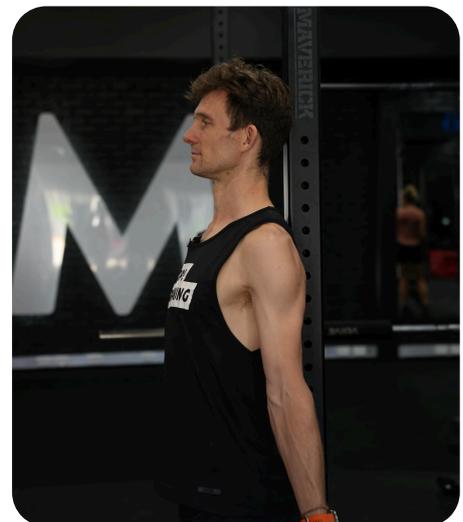
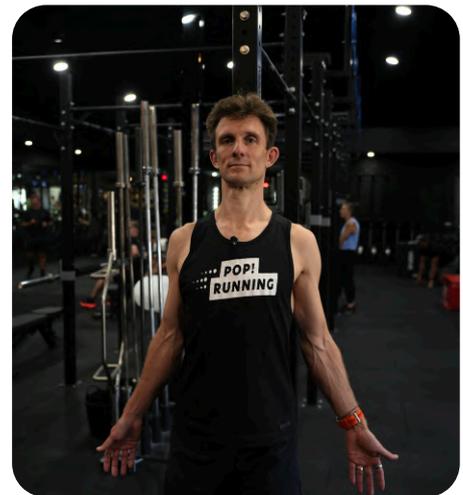
The Functional Step: Mastering Efficient Running Form

By following these five simple steps, you'll learn how to create an effortless, powerful running stride driven by proper posture, glute activation, and controlled movement.

Step 1: Find Your Neutral Posture

Establish a strong, neutral posture as your foundation.

- 1** Stand tall with **shoulders, bum, and back of head aligned**—use a wall or a chair if needed for feedback.
- 2** Keep your **feet hip-width apart** and **pointing straight ahead**.
- 3** Have your **head stacked over your spine, eyes looking forward**.
- 4** **Engage your core** slightly, as if doing an ab crunch, then **relax while maintaining that posture**.
- 5** Think **“belt buckle up”** – this helps align your pelvis correctly.
- 6** Keep your **shoulders relaxed but set back** to avoid slouching.



GOAL

Feel **balanced, upright, and ready to move** efficiently.



Step 2: Hinge Setup

Prepare your body to use glute-driven propulsion instead of over-relying on your hip flexors, quads or calves.

- 1 From your strong posture, **push your hips back slightly**.
- 2 Keep your **back straight by pulling your shoulders open and back**—avoid rounding or arching your lower back by **lifting your belt buckle / pelvis up**.
- 3 Your knees will bend slightly, but the movement should **come from your hips, knees don't go forward**.
- 4 Maintain a **strong, active core** throughout the movement.



GOAL

Feel the engagement in your glutes, not your quads, hamstrings, lower back or calves.

POP! RUNNING

Step 3: Lean

Introduce forward motion by leaning from your center of mass.

- 1 From the hinge, **gently lean forward from the ankles**, not the waist.
- 2 Keep your **core engaged** so that your entire body **leans as one unit**.
- 3 Use a wall or pole to **practice controlled leaning from the ankles** without bending over at the waist.
- 4 The key is to **let gravity assist you**.

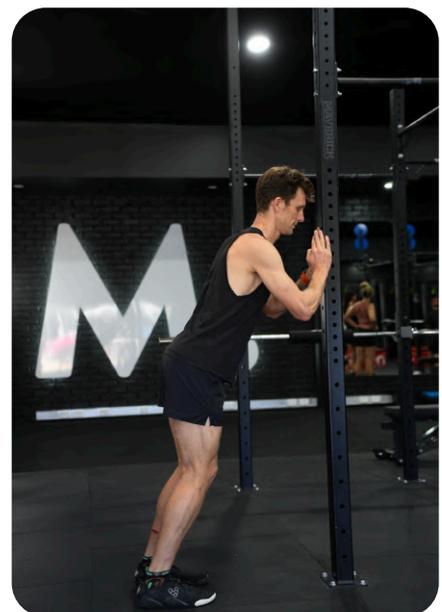
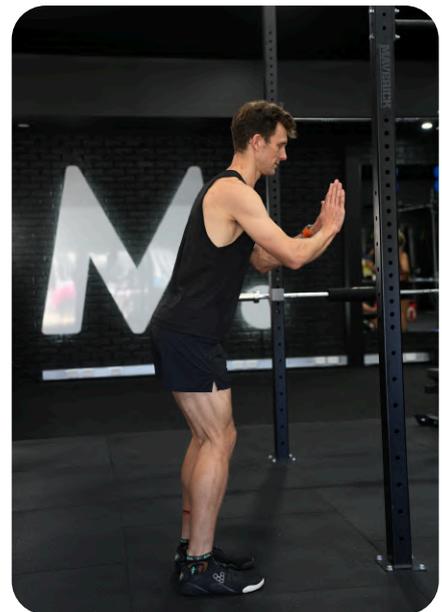
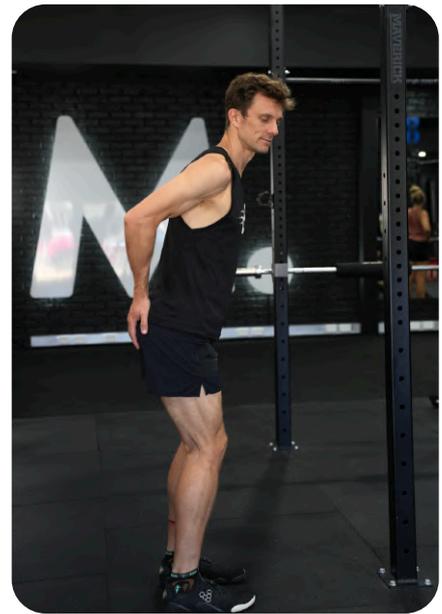


GOAL

Feel how leaning forward **naturally assists forward** movement with minimal extra effort.



Key Tip: If you feel tension in your **quads or hip flexors**, slightly **tilt your belt buckle up** to keep your core engaged and avoid overusing the front of your body.





Step 4: Step Back

Set up for controlled propulsion by shifting weight dynamically.

- 1 While maintaining your lean, step one leg back.
- 2 Your front leg should bend as you hinge forward, loading the glute and ready to drive your torso up and forward.
- 3 Keep the front leg glute engaged—this is where your power will come from.



GOAL

Create tension in the front leg glute, preparing for the drive phase.



Step 5: Drive Through

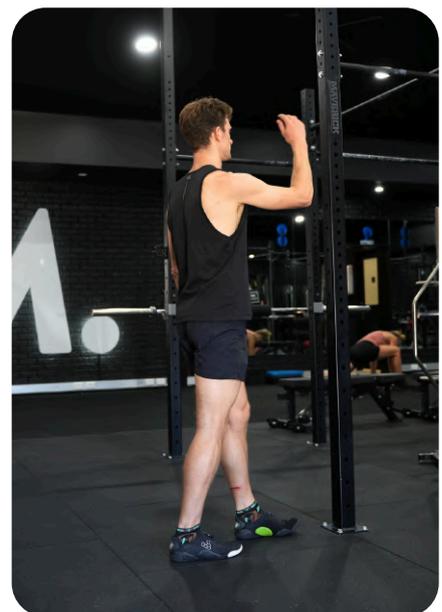
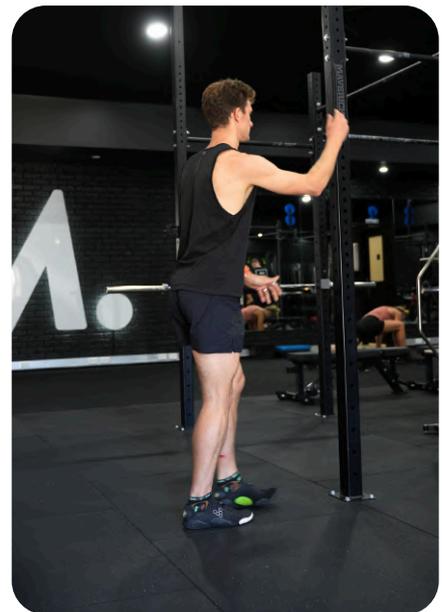
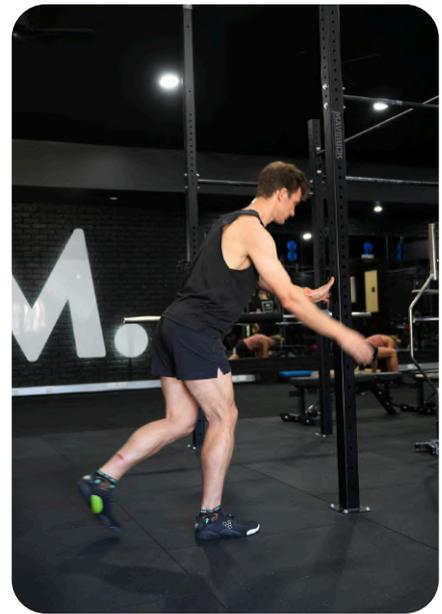
Transition into forward motion using stored energy and elasticity.

- 1** Imagine the **back leg as a dead weight**, completely relax it, especially the hip flexors.
- 2** From the step-back position, **drive up through the front leg**, as you would in a kettlebell swing or a single leg squat.
- 3** Allow your **trailing leg to swing forward naturally**, rather than lifting or pulling it.
- 4** Focus on keeping the **movement smooth and free flowing**, avoiding stiffness or resistance.
- 5** Stand up tall with the slight forward lean which will move you forward into your first Functional Step.



GOAL

Feel **effortless forward motion**, using a **powerful drive from the glute** instead of overworking your leg muscles.





Step 6: Integrate Into Movement

Set up for controlled propulsion by shifting weight dynamically.

- 1** Repeat this sequence **slowly and mindfully** for a few steps, focusing on generating power only from your glutes.
- 2** As you become more comfortable, **increase rhythm and fluidity**, allowing momentum and gravity to assist your movement.
- 3** Once the motion **feels natural**, you've successfully learned how to walk using your glutes—the **foundation for efficient running**.



Final Notes

- ✓ Practice **each step individually**, then put them together for fluid movement.
- ✓ Avoid **overthinking**—let the mechanics flow naturally.
- ✓ **The goal is efficiency, not force—use gravity, elasticity, and glute activation to move effortlessly.**





What This Does **for You**

- ✓ Prevents knee, calf, and lower back strain by using the **glutes and core** as your primary power source.
- ✓ Aligns your movement with **natural human mechanics**, reducing unnecessary energy use.
- ✓ Transforms how you walk and run, making movement effortless and pain-free.

Master this, and you're already on your way to walking and running with ease, efficiency and power!





SHORT COURSE

Want to apply this method right away?

Mastering The Functional Step for Effortless Walking & Running

I've created a quick, **step-by-step Functional Step Course**, designed to help you retrain your movement for effortless walking and running in just a few lessons.



Course Breakdown: Learn & Implement

- ✓ **Mastering the Functional Step:** The foundation of efficient movement.
- ✓ **The Simple Fix:** Activating Your Glutes for Every Step. Engage the right muscles for smoother, pain-free movement.
- ✓ **Walking First:** Integrating the Functional Step into Daily Life. Build new movement patterns before transitioning to running.
- ✓ **Transitioning to Running:** Learn how this applies to running by using the same glute-driven propulsion and gravity-assisted movement to improve efficiency and reduce strain.
- ✓ **Common Mistakes & Fixes:** Troubleshoot movement errors and optimize efficiency.





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EFFORTLESSLY**
Today!