

TOP 10 EXERCISES TO PROMOTE BETTER MOVEMENT



Corporate
Fitness
Works

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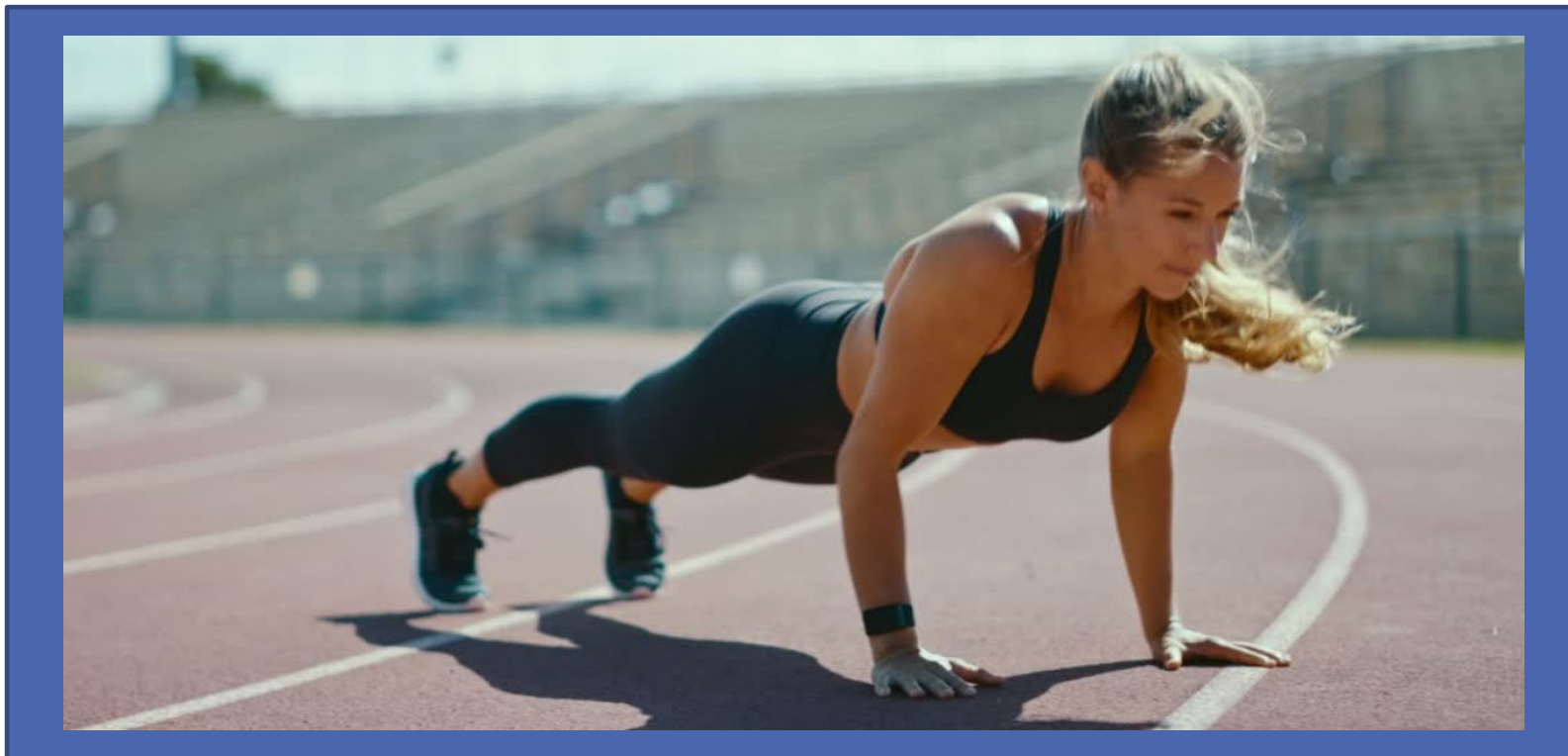
Adding these top 10 exercises in your workout routine will benefit your physical health. These functional movements Help increase your range of motion for daily life activities.





1. Push Ups

This bodyweight exercise is a great starting point. This effective upper body movement will help in daily activities like pushing a door open.



2. Row



The row works the upper back muscles. These muscles help you stand nice and tall and allow you to do daily movements like pulling open a door.

3. Squats



Squats engage some of the largest muscles in the body. This movement increases lower body strength, as well as core strength and flexibility in your hips.

4. Lunges

This movement challenges your balance while increasing the strength in your legs and glutes. Lunges are compared to climbing the stairs in normal daily life activities.



5. Glute Bridge



This bodyweight exercise effectively works posterior chain. From the calves, hamstrings, glutes, and to your muscles surrounding your spine. This helps promote a strong support system to the body.

6. Hip Hinge

This movement also strengthens the posterior chain. A hip hinge is one of the most functional daily movements. You complete this movement when picking up items from the floor.



7. Burpees

This whole body move provides great cardiovascular endurance and muscle strength. Burpees allow you to go from the ground up!



8. Standing Cross Body Crunch



This rotational movement works your core muscles. Core muscles help create stability for the whole body.

9. Plank

Planks create core and lower back stability. This overall full body static exercise allows you to stand tall and keep your balance.



10. Bird Dog

This exercise creates balance and stability by strengthening the lower back muscles. Bird dog allows you to stand tall.



FINAL THOUGHTS

- EXERCISE IS THE BEST WAY TO ALLOW YOUR BODY TO MOVE THROUGH ITS FULL RANGE OF MOTION
- STRENGTHENING YOUR BODY ALLOWS YOU TO COMPLETE DAILY LIFE ACTIVITIES EASILY
- DON'T FORGET TO STRETCH AFTER COMPLETING THESE EXERCISES





Questions?

RESOURCES

- [HTTPS://WWW.HEALTHLINE.COM/HEALTH/FITNESS-EXERCISE/10-BEST-EXERCISES-EVERYDAY#HOW-TO-IMPROVE](https://www.healthline.com/health/fitness-exercise/10-best-exercises-everyday#how-to-improve)
- [HTTPS://WWW.SCIENCEFORSPORT.COM/BASIC-MOVEMENT-PATTERNS/](https://www.scienceforsport.com/basic-movement-patterns/)
- [HTTPS://WWW.ONNIT.COM/ACADEMY/7-ESSENTIAL-EXERCISES-FOR-BASIC-HUMAN-MOVEMENT/](https://www.onnit.com/academy/7-essential-exercises-for-basic-human-movement/)