

THE POWER OF **BASIC MOVEMENTS**



Created by: Jess West

CFW Fitness Professional



What are basic movements?

- Primal movements promote strength, flexibility and mobility.
- Movement patterns are classified by direction of exercise and the joint lever.
- The seven movement patterns are considered foundational to how humans move:
 - Hinge
 - Squat
 - Lunge
 - Push
 - Pull
 - Rotation
 - Gait

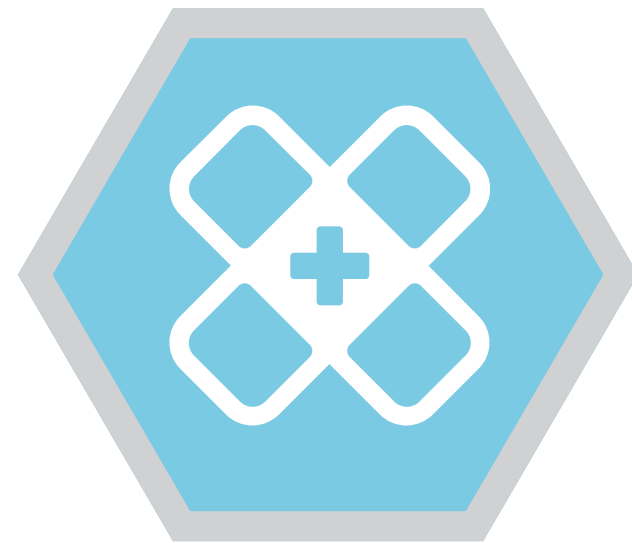


Benefits of Functional Basic Movements



Improve Function

Develop stability in your muscles and body, allowing you to complete everyday activities more efficiently. Increases coordination, balance, posture and flexibility.



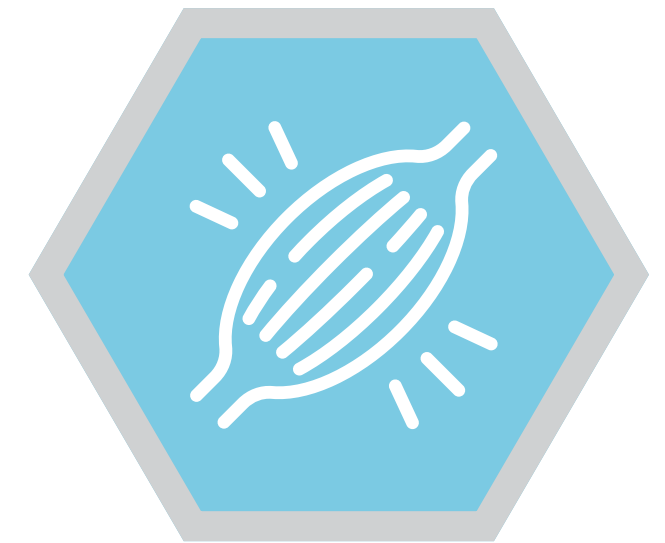
Reduces Injury Risk

Strengthening allows your body to cope with physical stress.



Training is Scalable

Impact and intensity can easily be changed to adapt to each person's fitness level. Low impact nature of the movements allows you to improve your physical abilities while putting minimal stress on your body and joints.



Builds Functional Muscle

You are able to train multiple muscle groups at one time.

Hinge

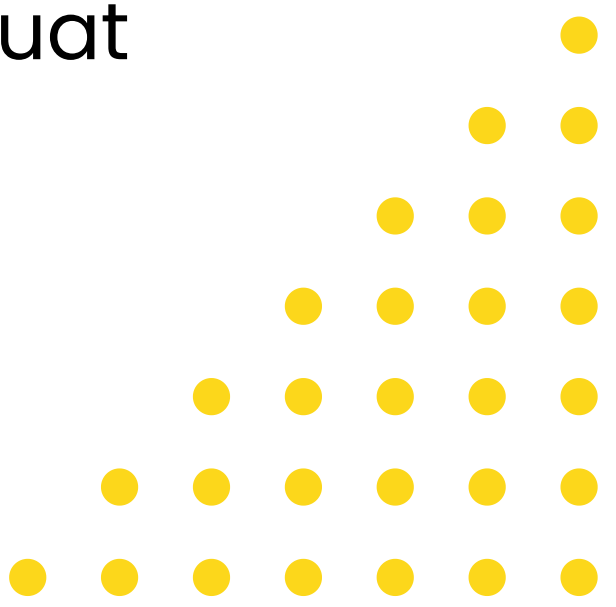
- Leads to better flexion, extension and rotation of your trunk while working the hamstrings, quadriceps, glutes, and core.
- The muscles used when performing a hip hinge can help you through daily tasks such as bending over and picking things up.
- Hip hinge movements: deadlifts, barbell hyperextensions, kettlebell swings and many more.





Squats



- Muscles worked: glutes, quadriceps, hamstrings, and adductors.
 - The muscles used when squatting can help you through daily tasks such as walking, climbing stairs, bending or carrying heavy loads.
 - Variations include: body weight squats, sumo squats, back & front squat, and even moving into single leg squat movements.
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Lunge




- Some may know this primary movement pattern as “Single Leg.”
- Promotes strength in the lower body and balance and stabilization of the full body.
- Lunges are a multi-joint exercise, utilizing hip flexors, knees, and ankles while working the quadriceps, hamstrings, glutes, and calves.
- There are many variations to a lunge:
 - Lateral, curtsy, and reverse



Push



- Push exercises include push ups, chest press and shoulder press with many variations.
 - These exercises target the anterior muscles (on the front of your body).
 - “Push” exercises utilize the the chest, shoulders, and tricep muscles.
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Pull

- Pull exercises include bicep curls, pull ups, and lat pull downs.
- These exercises help the body move through daily activities with greater ease, such as picking up a heavy object or pulling open a heavy door.
- Pull movements are great at strengthening upper body muscles and grip strength for opening jars and carrying groceries.

Rotation

- In a rotational movement, the core, hips, and shoulders are involved.
- This movement is often trained “against” itself with anti-rotation exercises.
 - For an example, pallof press and side planks.
- Here are a few great rotational exercises: woodchoppers, kettlebell windmill, and seen to the right, the russian twist.





Gait

- Gait is the pattern of an individual's walking.
- A step is one single step, while a stride is a whole gait cycle.
- The way muscles and joints work together can widely vary, resulting in possible abnormalities in gait.
- An individual's pattern is influenced by age, personality, mood and sociocultural factors.

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