

Build a Muscular Base with the

Must do the Five basic movement patterns:

1. bending and lifting movements (e.g., squatting)
2. single-leg movements (e.g., single-leg stance and lunging)
3. pushing movements (e.g., primarily in the vertical or horizontal planes)
4. pulling movements (e.g., primarily in the vertical or horizontal planes);
5. rotational (spiral) movements e.g. many core movements)

Developing appropriate movement patterns is essential for improving fitness and performance, enhancing movement efficiency, and reducing the risk of potential chronic and acute injuries.

A well designed fitness program besides incorporating cardiovascular exercise 3 or more times per week should incorporate the 5 primary movements into workout sessions 2-3 x a week at 1-3 sets for 8 to 15 repetitions to momentary muscular failure.

WHAT EXERCISES SHOULD YOU DO?

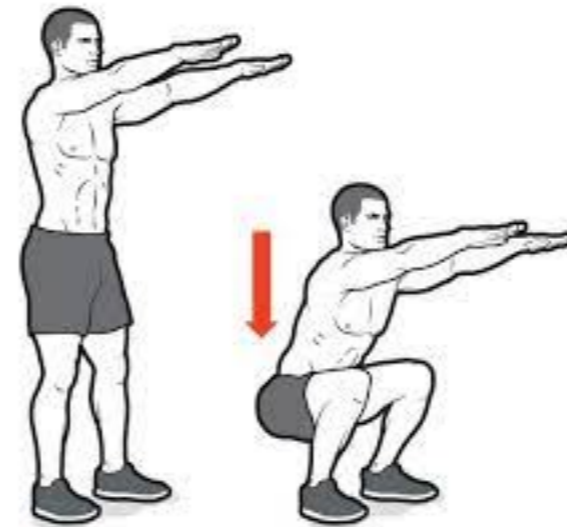
Do the 5 primary movements and work from there. [See our Video](#)



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1. bending and lifting movements (e.g., squatting)



Start Here (Base) Supported Squats



Keep midsection braced, push through heel, knee lined up over toes. Feel the gluteal (buttock muscles) working.

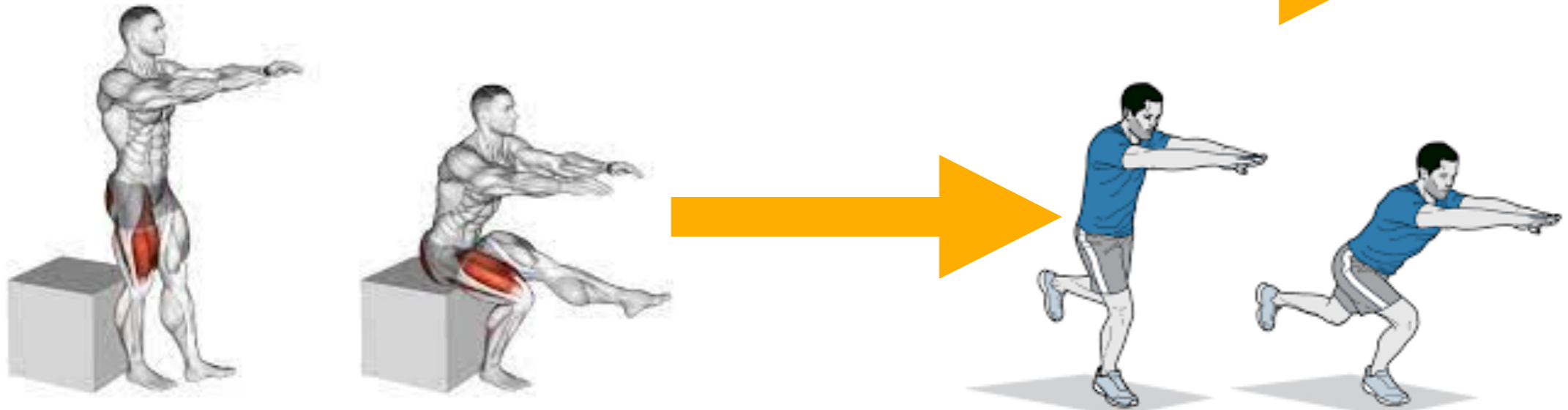
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2. single-leg movements (e.g., single-leg stance and lunging)



**Start Here (Base)
Partial to Full Lunges**

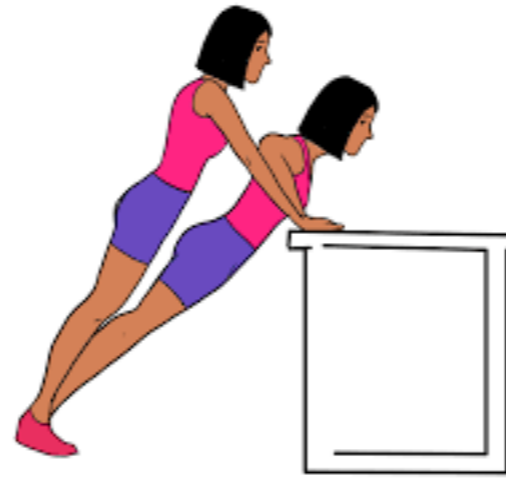


Keep midsection braced, hips level, push through heel, knee lined up over toes. Feel the gluteal (buttock muscles) working.

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3. pushing movements (e.g., primarily in the vertical or horizontal planes)



Start Here (Base) Supported Push Ups



Keep midsection braced, glutes tight, bring shoulder blades together bottom of motion and separate top of motion

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Start Here (Base) Banded Row



Many authorities suggest 2 pull exercises to 1 push exercise. Focus on muscles between shoulder blades.

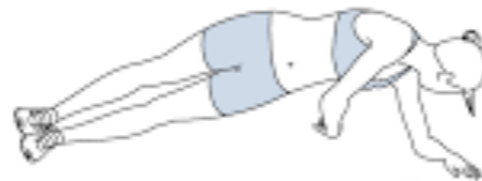
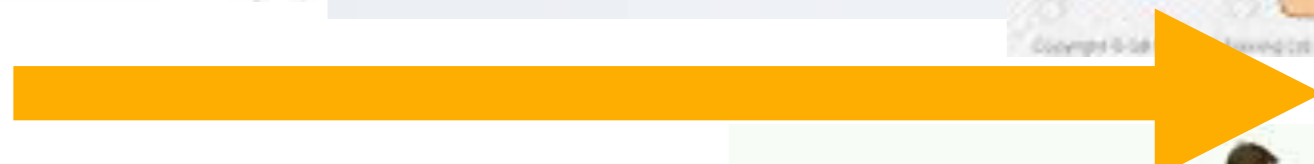
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Start Here (Base) Pallof Press



Keep midsection braced. Prevent rotation in low back.