

Week 1 of 6 Weeks to Summer : Basic Movements of the Human Body



There are seven basic movements the human body can perform and all other exercises are merely variations of these seven:

Pull, Push, Squat, Lunge, Hinge, Rotation and Gait.

When performing all of these movements, you will be able to stimulate all of the major muscle groups in your body. These motions focus on recruiting multiple muscle groups, making them efficient for those using time as an excuse not to exercise. Let's begin!

Warm Up		
	Walk and Swing arms (Gait) https://youtu.be/a6-pzl4SgSY	Let's get started
Workout		
	Pushup (Push) https://youtu.be/Kk815kM1of0	4 modifications muscles targeted are the chest, triceps and front shoulders.
	Row (Pull) https://youtu.be/c6n3kGr6BVY	2 modifications movements are the mid and upper back, biceps, forearms and rear shoulders.
	Lunge https://youtu.be/pXnvkqdHXCw	2 modifications hits the glutes, quadriceps, core and hamstring
	Deadlift (Hinge) https://youtu.be/MvwEkEnbW2E	3 modifications build the posterior chain, which comprises of the hamstrings, glutes and lower back.
	Squat https://youtu.be/pnMmjvj7uRA	2 views hits the glutes, quadriceps, core and hamstring
	Elbow2High Knee (Rotate) https://youtu.be/JGnkXGP6C3w	Slowly trun at wait. Listen to your back. hits the obliques
	Big Walk & Pot Hole (Gait) https://youtu.be/arTMN2OokZs	Big step walk 30 seconds then pot hole side step 30 seconds This might seem trivial, but walking is a fundamental movement. Gait is a combination of multiple movements (involving lunging, rotating and pulling with the hamstrings).
Cool Down and Stretch		
	Stretch all major muscles https://youtu.be/arTMN2OokZs	Your done!

