

# Movement Manifesto

**MOVE routinely; and do so in all the ways the body was designed to.**

Lets revisit the basic mechanics of your body. This really is the fundamentals of any exercise you engage in.

The body has **7 basic movements** that it can execute. To maintain optimal health, it is wise to engage in each of them routinely. That will promote muscle balance throughout your body, joint stability and range of motion, and proper posture.

The 7 movements are as follows:

1. **bend**
2. **squat**
3. **lunge**
4. **push**
5. **pull**
6. **twist**
7. **gate** (a combination of any of the aforementioned)

There are also **4 basic qualities** within all of these movements that you are cultivating in your body as well as your mind. By refining them, you will see the qualities pervade your relationships and the character of your work. They are:

1. **Strength** - the ability to withstand stress.
2. **Flexibility** - the ability to bend easily or modify position.
3. **Stamina** - the ability to endure prolonged stress.
4. **Balance** - the ability to evenly distribute weight to enable stability.

# Practical Application

## 1. Bends

For bends, you can go in every direction and you should develop balanced strength, flexibility, and stamina. The purpose of this movement is to strengthen your core through it's range of bending motions. Be aware of directions that have less range of motion than others in your body. This will help you locate your muscle imbalances.

**Kneeling bodyweight deadlifts**



**Single leg bodyweight deadlift**



**Bodyweight deadlift**



**Weighted deadlifts**



**Bodyweight side bends**



**Lying back extensions**



**Weighted side bends**



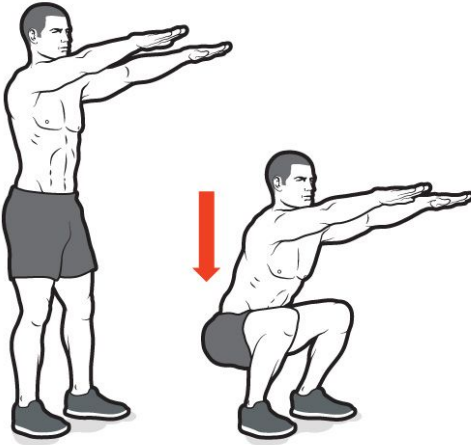
**Weighted back extensions**



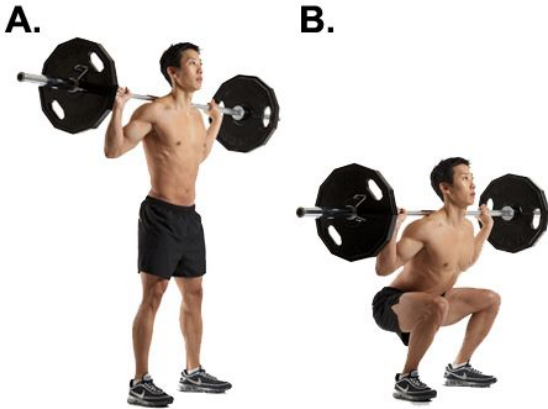
# 2. Squats

The squatting movement works the core as well as engages the legs.

## Bodyweight Squats



## Weighted back squats



## Jump squats



## Weighted front Squats



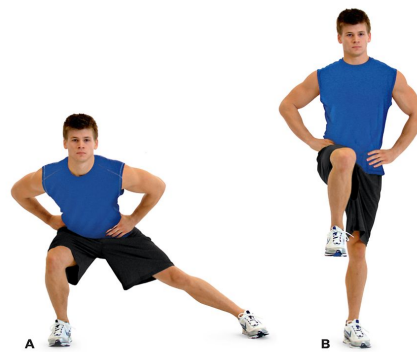
### 3. Lunge

The lunge utilizes similar muscles to the squat, though it engages the glutes and hamstrings more.

#### Forward Lunge



#### Side Lunge



# 4. Push

The pushing movement mostly engages the muscles in your **anterior chain** (*the muscles in the front of your body*). The major muscles utilized in this movement are the: **front of the shoulders**, the **triceps**, the **pecs**, and the **abdominals**.

**Plank**



**Bench**



**Push up**



**Overhead Press**



**Pike Push up**



**Dips**



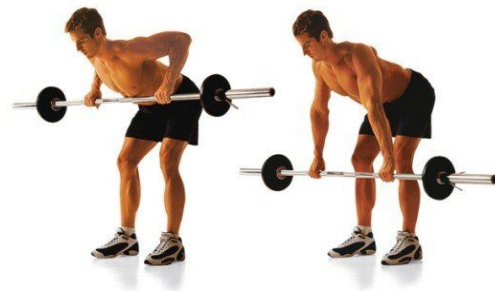
## 5. Pull

The pushing movement mostly engages the muscles in your **posterior chain** (*the muscles in the back of your body*). The major muscles utilized in this movement are the: **back of the shoulders**, the **biceps**, the **upper back**, and the **lower back**.

### Bridge



### Weighted Rows



### Pull Ups



### Shrugs



### Bodyweight Rows



### Chin Ups



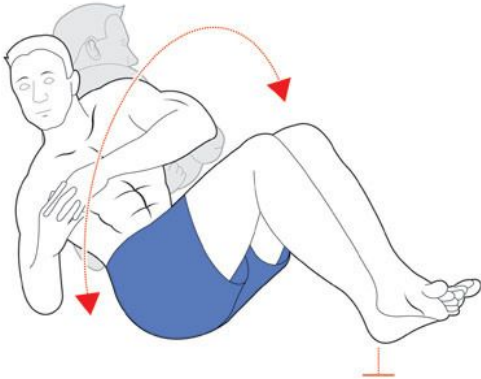
# 6. Twist

Twisting engages the side muscles of the core like the obliques more fully.

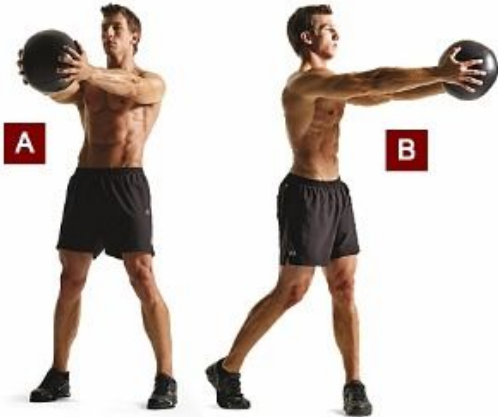
## Standing Twists



## V-Sit with a Twist



## Weighted Standing Twists



## Lying Spinal Twists





## 7. Gate

When the body musculature is well balanced and limber, gate exercises are the most **efficient** because you get the most muscle activation from a more complex movement.

### Running



### Overhead Squat



### Twisting Lunges



### Sled Push



### Tire Flip



# Protocol For Activity

No matter what exercise routine you are engaging in (*swimming, weight lifting, yoga, etc.*), always refer to these basic movement patterns to maintain balance. If you are engaging in a fair amount of *pushing movements*, consciously choose to counterbalance the activated anterior chain of muscles with some *pulling movements*. If you are engaging in core work, ensure that you employ forward bends, side bends, back bends, and twists to engage the entirety of your core musculature.

Just as is the case with your diet:

**Balance and diversity is the name of the game.**

In honoring this principle, if you have movement patterns that are overused and others that are underused, to nurture *overall balance* it may be wise to train the underused patterns more than the others until harmony is reached with them all. At that point you can adjust your approach.

Below should be the basic model for all of your workout routines. You can substitute specific exercises with each session to keep your mind and body *optimally stimulated* with *novelty*.

## Warm Up

**dynamic stretching/  
Low impact  
movement**

## Routine Example

**Bend** - bodyweight single leg deadlifts  
**Squat** - bodyweight squats  
**Lunge** - bodyweight lunges  
**Push** - push ups  
**Pull** - bodyweight rows  
**Twist** - V sit with twists  
**Gate** - sprint training

## Cool Down

**dynamic stretching/  
low impact  
movements followed  
by static stretching**

*This is essential to prevent injury as well as get the most results from the effort you are putting forth. Warm ups engage the mind-body connection which sends blood to the muscles, making them more elastic and priming them for action. It also lubricates your joints to allow for optimal support.*

*Pay attention to your mind. When it is alert and ready, your body will be too.*

*Do a circuit of 2 - 3 sets as a beginning routine.*

*Training Fundamental Principles*

1. Focus on **good form** through the **full range of motion** of the movement
2. If you cannot **speak in full sentences** after exertion, your intensity should be lowered.
3. **LISTEN TO YOUR BODY.** Leave your ego at the door and honor what your body is telling you throughout your routine.

*Finishing your exercise routine with static stretches deactivates muscles being worked.*

*For a more in-depth exploration of the human bodies need for movement, please go to <http://www.sturdyroots.com/health/physical/movement/>.*