



The 'Big 5' Functional Movement Patterns

Choose 1, 2 or 3 exercises from each category to create a balanced, full-body strength training program.

Think about how you could use different implements in each movement: dumbbells, barbells, kettlebells, or anything you have lying around with a challenging shape or weight. Get creative!

Other variations can include changing your grip from wide to narrow, doing them with a single arm or leg, changing the tempo or incline or incorporating a challenge in balance where safe to do so. There are so many options to keep it fresh and interesting!

PUSH

Pressing away from you

- Floor Press
- Push Up
- Strict Press
- Push Press
- Jerk
- Seated Z Press
- Tricep Extension
- Dip
- Fly
- Lateral Raises

PULL

Pulling toward you

- Pull Up
- Chin Up
- Bent-Over Row
- Pullover
- Reverse Fly
- Bicep Curls
- Renegade Row
- Snatch
- High Pull
- Clean

SQUAT

Flexing at the knee

- Back Squat
- Front Squat
- Overhead Squat
- Farmer Squat
- Goblet Squat
- Lunge
- Split Squat
- Pistol Squats
- Cossack Squat
- Squat Hold

HINGE

Bending at your waist

- Conventional Deadlift
- Romanian Deadlift
- Single-leg Deadlift
- Good Morning
- Kettlebell Swing
- Dumbbell Swing
- Hip Thrust

STABILIZE

Stabilizing your core

- Front / Side Plank
- Shoulder Taps
- Weighted Carries
- Bird Dog
- Barbell Roll Out
- Bear Crawl
- Turkish Get-up
- Wood-chop
- Side Bend

COMBOS

Movement combinations

- Bicep Curl to Overhead Press
- Clean and Jerk
- Thruster
- Devil's Press
- Deadlift High Pull
- Hip Bridge
- Floor Press