

Functional Movements

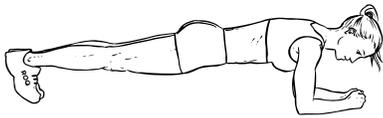
5 min · Abs, Back, Chest, Legs, Shoulders



Megan N.

Functional exercises prepare your muscles to work together to perform activities of daily living. To better control your movement, engage all of your muscles. Each movement should be deliberate and in control.

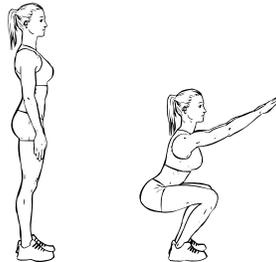
Plank



1 sets 30 secs

Tuck in your tailbone, straight line from ankles to head, shoulders back & down away from your ears, Squeeze core

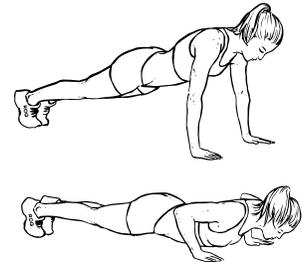
Air Squats



1 sets 10 reps

Start at hips, knees in line with toes, do not collapse knees, back straight, squeeze your core and bum

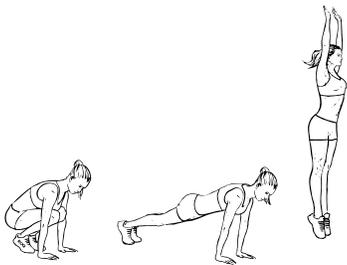
Push-ups



1 sets 10 reps

Same as a plank, squeeze your armpits together on the upward movement

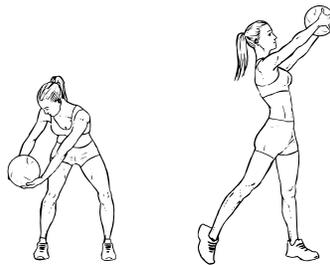
Burpees



1 sets 10 reps

Same as a plank. If you need to slow it down, step out with each leg & back in. Alternate which legs starts.

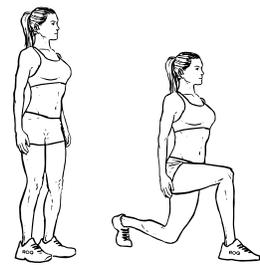
Medicine Ball Woodchops



1 sets 10 reps

Control is key. Follow your hands with your eyes. Engage your core to protect your back.

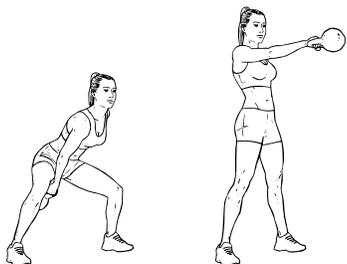
Alternating Bodyweight Lunges



1 sets 10 reps

Think railroad tracks instead of tightrope. Front knee over ankle. Do not let knee collapse.

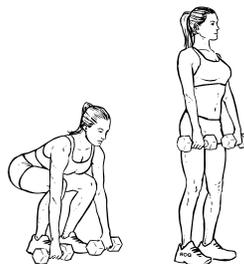
One Arm Kettlebell Swings



1 sets 10 reps

Feet shoulder width apart. Hips higher than knees. Shoulders back & down. Drive hips forward & squeeze bum.

Dumbbell Deadlifts



1 sets 10 reps

Engage your core, back straight, head up, squeeze your shoulder blades together, heels under hips.

Surrenders



1 sets 10 reps

Engage all muscles to maintain control of movement. Alternate which foot starts movement each time.



Fit

Plank

Primary muscle group(s):

Abs

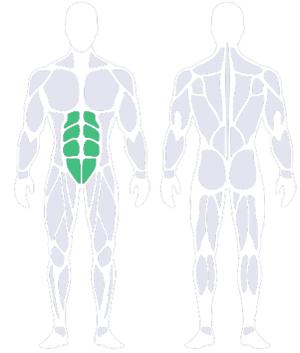
Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.



Air Squats

Primary muscle group(s):

Hamstrings, Quadriceps

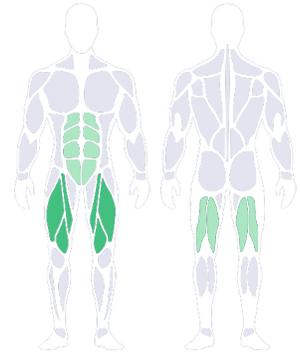
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Push-ups / Pushups

Primary muscle group(s):

Chest

Secondary:

Abs, Shoulders, Triceps

Get into position by placing your hands flat on the floor, directly below your shoulders.

Extend your legs out behind you, with only your toes and balls of your feet touching the floor.

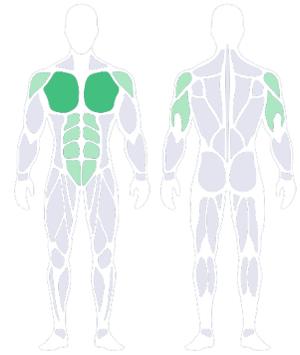
Hold your body up and keep your back straight by tightening your abdominal muscles.

Your neck and head should be bent slightly back.

Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel a stretching of your chest and shoulders. Hold for a count of one.

Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Hold for a count of one.

Repeat.



Burpees / Squat Thrusts

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

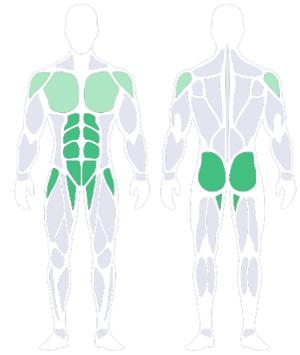
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.



Medicine Ball Woodchops / Chops

Primary muscle group(s):

Obliques

Secondary:

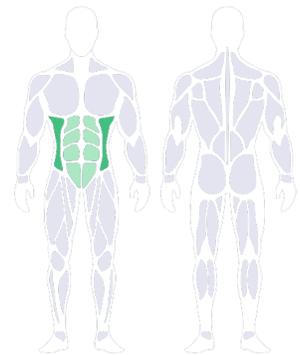
Abs

Stand with your feet no wider than shoulder width apart and hold the medicine ball with one hand at either side in front of your chest.

Rotate your body from the waist up to the left side and raise the medicine ball over your left shoulder, not quite fully extending your arms. Be sure to get extra reach by pointing your right toe.

Using a chopping motion, bring the ball diagonally across the front of your body so that the ball ends on the outer side of your right shin.

Bring the ball straight up the right side of your body and again move diagonally across your body once again to complete the motion.



Alternating Bodyweight Lunges

Primary muscle group(s):

Quadriceps

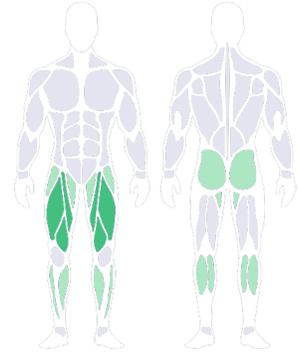
Secondary:

Calves, Glutes & Hip Flexors

Stand straight – that's the starting position. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Look forward.

Pause, then push off your left foot off the floor and return to the starting position as quickly as you can.

On your next rep, step forward with your right leg. Continue to alternate back and forth—doing one rep with your left, then one rep with your right.



One Arm Kettlebell Swings

Primary muscle group(s):

Hamstrings, Shoulders

Secondary:

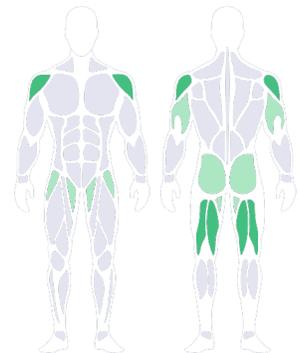
Glutes & Hip Flexors, Triceps

Start with one kettlebell placed on the floor between your feet.

Bend your knees and back slightly and reach down to grip the kettlebell in an overhand grip.

Explode upwards using your legs and bring the arm holding the kettlebell out in front of you until it reaches a horizontal level.

Lower the kettlebell back between your legs (but not to the floor) and switch hands to repeat the movement.



Dumbbell Deadlifts

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back

Secondary:

Abs, Calves, Hamstrings, Quadriceps

Place two dumbbells on the floor.

Stand facing the dumbbells with your feet shoulder width apart.

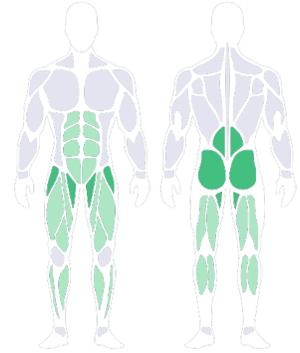
Bend knees and hips to lower your torso in a squatting movement, keep your back straight.

At the bottom of the squat grip the dumbbells with an overhand grip, keeping your arms fully extended.

Return to an upright position holding the dumbbells with your palms facing towards your body and extending your hips forward. Do not round your back.

Return the dumbbells to the floor in the same manner you picked them up.

Repeat.



Surrenders

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:

Calves

Standing on something soft, such as an exercise mat, place both hands behind your head and gently bring your right knee down to the ground.

Follow with your left knee so that you are kneeling on the mat, with your hands behind your head and your back nice and straight.

Lift your right knee up placing your right foot in front of you. Bring your left foot forward and drive upward through your right heel to bring you back to starting position.

Repeat the same movement, but leading with your left leg.

