

# 7 FUNCTIONAL MOVEMENTS



## TYPE

## MUSCLES

## MOVEMENTS

### PULL

Biceps, forearms, upper and mid-back, delts



Opening doors, pulling chairs, picking up items, taking out the trash

### PUSH

Chest, shoulders and triceps



Pushing doors open, putting dishes away, getting up from lying down

### SQUAT

Quads, glutes, hamstrings, calves, hip flexors, adductors, abs



Sitting down, picking up a child, reaching for low-level objects

### LUNGE

Abs, glutes, hamstrings, quads, calves



Walking up the stairs, hiking, walking on an incline

### HINGE

Hips, glutes, hamstrings, lower back and abs



Bending at the hips, touching toes, picking up a newspaper, petting dog

### ROTATION

Abs, obliques, glutes



Walking, running, throwing, kicking, reaching across your body

### GAIT

Quads, hamstrings, calves, hip adductors, glutes, abs



Walking or carrying items



STRETCH CARE  
BODYWORK & MOVEMENT  
THERAPY

# Functional Movement Level 2 Manual

**SA Adler**



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