

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

Mark Steyvers



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