

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

L Towne



Functional Movement Level 2 Manual:

Whispering the Techniques of Language: An Emotional Quest through **Functional Movement Level 2 Manual**

In a digitally-driven world where screens reign supreme and immediate conversation drowns out the subtleties of language, the profound techniques and psychological nuances concealed within words usually move unheard. However, nestled within the pages of **Functional Movement Level 2 Manual** a charming literary treasure sporting with organic feelings, lies an extraordinary quest waiting to be undertaken. Penned by a skilled wordsmith, that enchanting opus invites readers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very material of every word. Within the psychological depths of this poignant review, we can embark upon a honest exploration of the book is core themes, dissect their captivating publishing style, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

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