

DEPARTMENT OF KINESIOLOGY
PHAC 3040 RESISTANCE TRAINING FOR HEALTH & PERFORMANCE

Fundamental Movement Exercise List

Squat Pattern

- Squat (Front/Back/Sumo)
- Breathing squat
- Hindu squat
- Lateral offset squat
- 1-leg stability ball variations
- Skaters squat
- 1-leg squat (pistols)
- *Single leg box squat*

Rotational Pattern

- SB 90-90 Tuck position
- SB Hydrants
- Rotational push up
- T-push up
- 1-arm inverted T-row/TRX
- Ring lawnmowers
- *Landmine rotation*

Bend Pattern

- Deadlift/Sumo Deadlift
- Single leg deadlift
- *Romanian Deadlift*
- Back extension bench
- Hip extension (progression 2-legs to 1-leg)

Lunge Pattern

- Forward, backward, lateral
- Clock pattern
- Elevated foot (front or back)
- Slide board
- *Stability Ball*
- *OH BB walking lunge*

Push Pattern

Horizontal:

- Bench press
- Regular push up
- Hindu push up
- Dive Bomber push up
- Diamond push
- Wide arm stance
- Staggered arm position
- Uneven surfaces
- Walk over MB

Vertical:

- Dips
- Jackknife push up
- Handstand push up
- *Landmine Press*
- *Shoulder press*

Pull Pattern

Horizontal:

- Horizontal rope climb
- Inverted T-row
- Front lever pull
- *BB Row*
- *Single-arm row*

Vertical:

- Chin and pull ups, variations:
- Regular | Wide | Narrow | Alternating | Mountain climber
- Side-to-side
- Swinging pullups
- *Upright row*
- *Front Plate raise*