



#### **5 Movement Patterns**

- 1. Pull
- 2. Push
- 3. Bend and Lift
- 4. Single Leg
- 5. Rotation/Anti-rotation



Award Winning Fitness Specialist with More than 40 +Years Experience in Personal Training, Group Exercise, and Coaching

International Speaker, Author, Consultant, and Presenter, Who has Traveled the World Touching Lives

Egoscue Posture Alignment Specialist FallProof Balance and Mobility Specialist FAI Educational Trainer ACE Educational Trainer International Corporate and Seminar Facilitator for Personal Growth, Empowerment, and Team Building / Previous clients include: Hewlett Packard and the United Nations Author / Why You Are Author / Getting Younger Living Longer

### Dianne McCaughey Ph.D. (Gerontology)

# Follow 5 Fundamental Movement Patterns

- 1. Pull
- 2. Push
- 3. Bend and Lift
- 4. Single Leg
- 5. Rotation/Anti-rotation

Make your goal movement rather than just an exercise





Observation requires paying attention to what happens (or doesn't happen) during the movement, functional tests, or even just standing normally.

Ask yourself how does the person react to the stimulus?

What areas are working?

Did the posture change?

What joint positions were not maintained?



- Ask the client questions
- Observe the client as they perform the exercise



• Ask the client how the exercise feels - awkward, hard, too easy...etc.





# **Components of Critical Thought:**

In order to be critical thinkers and able to develop an effective program for our clients, it is necessary to think in terms of outcome.

To do this we must be consistent in two main areas: observation and client feedback.

# **Develop the Hawk Eye**



- Observe
- Collect Data
- Coach
- Customize
- Hypothesize
- Research
- Network





# **Risk / Benefit**

#### Is the Exercise Safe and Effective?

- 1. Purpose?
- 2. Does it Fulfill the Purpose?
- 3. Stress Points?
- 4. Risk Benefit Ratio?
- 5. Specificity and Appropriateness?

What will this do to the PMC in 20 – 30 years?



### **Dysfunctional Fitness**

An exercise performed without regard for an individual's level of stability and mobility throughout the kinetic chain is actually doing more harm than good, advancing the concept of "dysfunctional fitness".



### It's not the Exercise – It's the Outcome

#### **Example Plank** – this should not be taught as an exercise or this is what you might get?



#### **Regression**

- Slower (Balance) (Heavy Wt)
- ➤ Easier
- Smaller ROM
- More stable
- Shorter Levers
- Less Complex
- > Static

### Progression

- > Faster
- ➤ Harder
- Bigger ROM
- Less Stable
- Longer Levers
- More Complex
- Dynamic

# **4 Simple Questions for Success**

Is it Simple?
Does it Work?
Can they Do It?
Will they Do It?

















# **ROTATION / ANTI-ROTATION**



# **Stance Positions**

Shoulder-width **Feet Together** Semi-Tandem Tandem Wide Staggered Split (aka inline) Lunge Squat **One-leg** Half-Kneeling Full Kneeling (aka tall kneeling) Seated





# **Arm Movements**

Bilateral – both arms move in same direction at same time

Unilateral – one arm moves, the other doesn't typically only the moving arm is loaded

Alternating – one arm moves, then the other arm moves

**Reciprocating** – arms move in opposite directions at same time

# **Speed and Tempo Variations**

Speed:Slower to FasterTempo:Regular or irregular

#### **Benefits**:

Higher velocity = higher power More acceleration and deceleration More challenging COG control Increases cognitive demands Negatives:

> Fall Risk Poor form and compensations

# **Program Design Template**

Fitness Component	Exercise	Sets/Reps	Activity	Progress/Regress
Balance				
Mobility				
Neuromuscular				
Musculoskeletal				
Cardiorespiratory				
Cognitive/Emotional				



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