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# FUNDAMENTAL MOVEMENT SKILLS FOR EXERCISE AND STRETCHING



Fitness for Life  
Rexdale Women's Centre



# Fundamental Movement Skill for Exercise and Stretching

## Fitness for Life



# Table of Content

<b>Acknowledgement</b> .....	3
<b>About this Manual</b> .....	4
<b>Section 1: Fundamental Movement Terms</b> .....	5
<b>Section 2: Fundamental Movement Exercise Skills</b> .....	7
Lower Leg Movement .....	8
Core Movement .....	12
Upper Body Movement.....	14
<b>Section 3: Stretches</b> .....	21
Stretching Tips.....	22
Lower Body Stretches .....	23
Core Stretches.....	26
Upper Body Stretches.....	27

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## **About This Manual**

The purpose of this manual is to describe in simple language the movements that would be utilised in most exercise routines.

Whenever technical language is used to name or describe a movement or muscle group it will also be described in simple terms.

For the purpose of this manual, all exercise movements will be demonstrated without added resistance. Only bodyweight and gravity exist as resistance to these movements. In normal exercise routines movements would be done with some form of additional resistance such as, dumbbells, barbells, resistance bands or cable machines.

Before starting any exercise session it is essential that the individual do a proper warm up routine. Warm ups can be done by light running or marching in place or walking, or doing treadmill walking.

After exercising, stretching all muscles worked during the routine is highly recommended.

### **Disclaimer**

This manual is intended as a guide only. Before starting any exercise regiment, it is important to check with your doctor. Some of the exercise in this manual may not be appropriate for all. It is recommended you make modifications at your discretion.

## Section 1: Fundamental Movements Exercise Terms

- Push** Pushing an object away from the body for example an overhead press. Pushing the body away from something, such as push up from the floor.
- Pull** Pulling an object towards the body as in a rowing motion. Pulling the body towards an object as done with chin ups.
- Rotation** Twisting body motion where muscles are pulling the body or part of the body in a circular direction or causing a part of the body to rotate around a point. This action can be a push or pull of a force of resistance or an object.
- Lift** Lifting an object from a lower elevation to a higher elevation as demonstrated in a dead weight lift. This is a complex action of pulling or pushing an object upward.
- Squat** Lowering the body towards the ground and raising back up This is a complex movement demonstrating a push away from the ground.
- Lunge** Stepping with one leg away from the body's initial position, lowering and raising the body by bending the unmoved leg's knee and finally returning the feet to a side by side position this is a complex push and pull movements similar to walking

## Section 2: Fundamental Movement Exercise Skills

### Lower Body

**Calf Raise** – Feet on the floor and lift your heels – hold and return to starting position.



**Hip Abduction** – Stand with your feet apart and knees slightly bent with hands on your hips or hold on to a chair or a wall – lift foot to the side as high as you can. Repeat for the other leg.

**Hip Adduction** – Stand with your feet apart and knees slightly bent with hands on your hips or hold on to a chair or a wall – slowly swing leg across centre of your body – lift as high as possible. Repeat for you other leg.



**Hip flexion** – Stand straight with your feet slightly apart and hands on your hips or hold on to a chair or a wall – lift leg and bend your knee. Repeat for the other leg.



**Hip extension** – Stand straight with your feet slightly apart and hands on your hips or holding on to a chair or a wall – lift front leg straight out. Repeat for the other leg.





**Back Leg Hip extension** – Stand straight with your feet slightly apart and hands on your hips or holding on to a chair or a wall – with a slight bend lift back leg straighten it out – repeat for the other leg.



This movement can be done separately or in a combination.

**Squat** – Stand with your feet apart and bend your knees – lower your body down until your legs are parallel to the floor – hold and return to starting position. This exercise can also be done using a chair.



**Forward Lunge** – stand with one foot behind – lower your body until your thighs is parallel with the floor – hold and return to starting position – repeat for your other leg.



## Core Movements

**Partial Curl-up** – Lie on your back – slowly lift up and stop half way to a sitting up position – hold for 5 to 10 seconds and slowly lower your body to the starting position.



**Abdominal Side Bend** – Feet apart with your hands over your head – bend at the waist and return to the starting position – repeat on the other side.



**Waist rotation** – stand tall and rotate your body to one side and then to the other side – return to starting position.



**Back flexion** – Feet apart with your knees slightly bent – lean forward and come up at starting position.



## Upper Body Movements

**Chest Press** – Lie face up with your arms at the side – bring your hands straight upward and return to starting position.





**Chest Fly** – lie face up with your elbows straight out to the side – bring your arms to the centre point of your body – return to starting position.



**Push-Up** – facing the floor and keeping your back straight, raise your body by pressing down on your hands.



**Standing Back Row** – Standing with your knees slightly bent – reach forward with your hands and bring your elbows back– return to starting position.



**Punches** – While standing alternately punch across your body as you pivot your foot on the same side as your punching arm.



**Overhead press** – Stand with your feet apart and knees slightly bent –bend your elbow and raise your hands up in the air – hold and return to starting position.



**Lateral Raises** – Stand with your feet apart and knees slightly bent – lift arms straight to the side.





**Front Arm Raise** – Stand with your feet apart and knees slightly bent – lift your hands to the front at shoulder height – hold and return to starting position.



**Pull down** – Stand with your feet apart and knees slightly bent – lift your arms straight and pull back – return to starting position.



**Biceps curl** – Stand with your feet apart with knees slightly bent – Lock elbows into the side of the body – curl the arms towards your shoulder. This exercise can be done sitting in a chair.



**Triceps extension** – Stand with your feet apart and knees slightly bent – bend your elbows and put one foot forward – extend your elbows to the back –return to the starting position.



**Dead Lifts** – Stand with your feet apart and knees slightly bent – bend forward with your head up – return to the starting position.



\*\*\*Extending your back beyond the fully upright position as shown below is **NOT** recommended.



## **Section 3: Basic Stretches**

### **Stretching Tips**

1. Execute and hold for each stretch for 20 to 30 seconds, relax for 10 seconds and then repeat.
2. Perform the stretch to the point that you can feel the stretching in your muscles.
3. Do not stretch to the point of it being painful or even uncomfortable.
4. Breathe normally while stretching
5. Do not jerk or bounce in an attempt to stretch further.
6. Stretch both sides of your body. For example ensure that you do both arms, both legs both sides of your abdominal muscles and back.
7. Making stretching a part of your other warm-up and cool down.

## Lower Body Stretches

**Knee bend Stretch** – Stand with your feet apart and knees slightly bent – bend your knee – hold onto the ankle – Repeat on the other legs.



\*if you have balance issues, hold on to a wall or chair.

**Bent Over Hamstring Stretch** – extend one leg forward – straighten your knee – bend forward reaching for your toes – tilt your hips forward and hold. Repeat on the other legs.



**Standing Calf Stretch** – Extend your leg forward and push your heel down keeping the knee straight– point your toes up until you feel the stretch in the calf and hold. Repeat on the other legs.



**Knee Hug** – Stand up straight, raise your knee upward and hold. Repeat on other leg.



\*If you have balance issues, hold on to a wall or chair.

**Seated Hamstring Stretches** – Sit on the floor with your legs fully extended. Flex your ankles – bend forward and reach your hands toward your feet – hold and return to starting position.



## Core S000tretches

**Side reach** – Stand with your feet apart and knees slightly bent – lift your hands over your head and bend to the side – hold and return to starting and do the next side.



**Cobra stretch** – lie face down, the top of your feet should be flat on the floor with your palms of your hand down – slowly push your body up as far as you can or until your hips begin to come off the floor – hold and return to starting position.





## Upper body Stretches

**Chest expansion** – bend your elbows at shoulder height – place your fingers behind your ears, squeeze shoulder blades together and pull your elbows back – hold and return to starting position.



**Elbow bend and stretch** – Stand with your feet apart and knees slightly bent – lift your hand touching your elbow – place other hand on the opposite elbow – hold and return to starting position – do the other arm.



10) **Cat Stretch** – Kneeling with your palms flat on the floor – pull in your stomach muscles to round the spine, tuck your chin into the chest – hold and return to starting position.



**Child Pose** – Kneeling with your palms flat on the floor – slowly rest your body over your thighs – lift your buttocks and stretch your arms over your head – hold and return to starting position.



# Notes