

Functional Movement Patterns of the Human Body

By Fred W. Schafer, MS, CFT

There are seven “functional” movement patterns that human beings use on a regular, and preferably daily basis.

They include: **moving the center of gravity up/down (squatting), bending at the waist, pushing, pulling, lunging, rotation of the core** and **striding** (such as when running or walking).

These movements are deemed functional in that they are the movements that we use most often in our daily lives.

There are other variations and extensions of these movements such as crawling, hanging from a bar, jumping in the air (a form of squatting) and diving into the water, etc.

When training others in these movement patterns however, I prefer to bundle these seven movement patterns, except striding, into four primary movements.

Here are the **four primary movement patterns** that I train my clients to focus on and master on and the muscles they affect:

1. **Lower body pull:** this movement hits the hamstrings (rear thigh), glutes, hips, lower back, calves and core/midsection.
2. **Upper body pull:** this movement hits the upper and lower back, side and rear shoulder (deltoids), biceps, forearms, grip and core/midsection.
3. **Lower body push:** this movement hits the quads (front thighs), glutes, hips, calves and core/midsection.
4. **Upper body push:** this movement hits the chest, fronts of the shoulder, triceps and mid-section.

If you were to work on getting better and stronger at these four movements and also include some walking a few days per week you would soon see and feel improvements in your health and body.

It has been said that most people go through life as “amateurs”. They “try” 4,000 things 12 times and then quit. Thus, they never master any skills and then say, “I’m not good at anything”.

Those who rise to a level of preeminence in their lives however, figure out the top 12 or so things that are important to their lives and then choose to master them.

That requires doing and/or practicing the skill 4,000+ times over a period of years and perhaps decades.

What I am suggesting to you is that you choose to master the four movements outlined above over the next few weeks, months, years and decade of your life!

As you do every area of your overall life will improve.

In order to move you in that direction I have created a simple, affordable, highly effective, time friendly functional resistance exercise program that will allow you to safely train all four movement patterns in the comfort of your own home.

My program is called, [“The W.I.S.E Method”](#).

You can learn more about it at www.wisemethod.co

I hope you will give it a go and then let me know how it is helping you to perform better and enjoy a more energizing vitality.

Stay strong! Fred