

Basic Human Movements Examples

1. **Loaded Carries:** (1 or 2 Handed Dumbbell/Kettlebell Carry)



2. **Squat:** Goblet Squat or No-Weight Body Weight Squat:

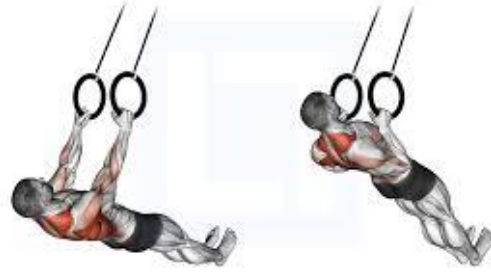


3. **Hinge (Deadlift):** Barbell Deadlift, Kettlebell Variants



4. **Upper Body Pulling (Horizontal and Vertical)**

Ring (or TRX) Row:



Pull Down:



5. **Upper Body Pushing (Horizontal and Vertical)**

Push Up:



Dumbbell press:



Questions or want to learn more? Reach out to Dan Trongone

at Dan.trongone@mymanatee.org x3860