

7 Foundational movements practical

Equipment list: PVC, Bars, Ammo can, KB, TRX

Objectives:

1. Be able to list seven foundational movements
2. Understand benchmark points for each movements
3. Improve personal function in seven foundational movements
4. Identify personal restriction

Introduction: These movements are integrated into any functional activity and are well recognized in tactical movements to Marines. Whether you are lifting the M 240B, moving artillery shells, or breaching a door, these exercise movements can improve your performance. While the load may change or implement may change; the foundational movement will stay the same.

1. Plank

Vertical or Horizontal options

Preparation: Start in the standing position with feet hip width apart.

Execution: The Marine will get into the position of “active plank.” Start from the feet and work up to the shoulders: tear paper apart, kneecaps into the hips, hips in neutral line, active core, shoulder back and depressed, head and neck neutral.

Teaching positions: standing, walk around and make corrections then move to prone position.

Common: Hips sagging and head outside of neutral

2. Hinge

Standing option only

Preparation: Active vertical plank as above. Place fingers in the crease of the hips

Execution: Bend at the hips while maintaining upper body alignment. Push hand back into the hips to help facilitate bending of the hips.

Teaching positions: Hinge at the hips and touch the wall behind you. Continue to move away from the wall until the hips stop moving back. Be aware that once lumbar spine moves, the movement is complete.

Common mistakes: When hip stops, the back continues with motion.

3. Squat

Vertical only

Preparation: Standing with hips width a part.

Execution: Initiation occurs from the hips to unlock and move back. Sit back as if sitting in a chair while maintaining chest up and upright torso. Alignment in the squat positions: heels on the floor, knees may go over but not past the toes, knees may not cave in or out, hip crease is below the knees, and tibia is parallel with torso.

Teaching positions: Standing with body weight, PVC pole overhead, and KB Goblet squat. A small heel lift might assist in performing the squat.

Common Mistakes: Heels coming off the floor, unable to maintain upright posture, unable to squat below 90 degs, knees moving past toes.

4. Lunge

Linear, non-linear options

Preparation: Standing with hips with apart.

Execution: Step with a single leg forward while maintaining foot in line with hip. Foot should land forward enough to allow the Marine to keep knee over toes. Upper body should remain stable without forward lean or momentum.

Teaching positions: Forward lunge, side lunge, 45-degree lunge. Use a PVC pole behind the back and maintain contact with head, shoulder, and hip. Use the PVC pole to ensure knees are not driving past the toes.

Common mistakes: Contact with PVC is lost on lower back, step is too narrow which shortens base of support.

5. Push

Vertical or Horizontal options

Preparation: On the floor face down, active plank with elbows back and hands by the side or standing with active plank with ammo can in ready low position.

Execution: While maintaining an active plank push down with elbows fully extended or while maintaining neutral spine overhead press with biceps inline is the ears.

Teaching position: Push up and ammo can push

Common mistakes: Sacrificing low back curve for shoulder position, not fully locking out

6. Pull

Vertical or Horizontal options

Preparation: Marine will stand and hinge at the hips in efforts to get chest parallel to the floor. Hold the sandbag with the handles in a neutral position.

Execution: Pull arms as they are sawing a log and driving elbows back.

Teaching positions: Use a bend over row using a sandbag or set up the TRX so the Marine is facing up and arms are fully extended and reaching for the handles. Perform a pull up; ensure the shoulder blades are set before the pull up.

Common Mistakes: Not maintaining plank position during pull, not setting the shoulders during a pull up

7. Rotation

Vertical or Horizontal options

Preparation: Standing with unlocked knees, hands on the ball with the ball on side of the hip.

Execution: Rotate ball to the level of the opposite shoulder with rotation under control while flaring the heel to achieve the rotation. Ensure hips and shoulders move together and stop together

Teaching position: Med ball wood chopper for rotation, plank with hand to chest for counter rotation.

Common Mistakes: Over upper body rotation, Marine allows the weight/momentum to dictate the movement, not flaring the heel for rotation