FUNCTIONAL MOVEMENT

7 patterns for everyday life

Functional exercises use multiple joints and muscle groups to practise movements used in daily activities.



01 SQUAT

Everyday: Sit down, stand up, get off the toilet or lift a child.

Exercises: Sit-to-stand • Bodyweight squat • Goblet squat • Split squat



02 LUNGE

Everyday: Climb stairs, walk uphill or bend down to tie shoes.

Exercises: Stationary lunge • Forward lunge • Reverse lunge • Walking lunge • Side lunge • Back-leg-elevated lunge



03 HINGE

Everyday: Bend at the hips to pick up items or pet a dog.

Exercises: Good mornings • Romanian deadlifts • Kettlebell swings • B-stand deadlifts • Single-leg deadlift



04 PUSH

Everyday: Push open a door or put an item on a shelf.

Horizontal: Resistance band or cable press • Bench press • Push-up (wall, incline, knees on floor, full push-up)

Vertical: Overhead press • Arnold press



05 PULL

Everyday: Pull open a door, move a chair closer or unload a car.

Horizontal: Seated rows (resistance band or cable) • Supported dumbbell single-arm bent-over row • Double-arm bent-over row

Vertical: Lat pulldown (resistance bands or cable) • Chin-up / pull-up



06 GAIT & CARRY

Everyday: Walk, run or carry groceries.

Exercises: Farmer's walks • Suitcase carries • Weighted walks



07 ROTATION

Everyday: Reach across your body, throw or put on a seatbelt.

Exercises: Pallof press (cable or resistance bands; resist rotation) • Standing core rotations (cable or resistance bands) • Woodchops • Russian twists

MOVE FOR EVERYDAY LIFE

Training these patterns can make daily activities easier and help support independence as we age.

Langley Primary Care Network