



THE BIG 8 STRENGTH MOVEMENTS

LOWER BODY & CORE MOVEMENTS



SQUAT PATTERN

- Squats
- Lunges
- Step Ups
- Sumo Squats
- Unilateral Squats
- TRX Squats



HIP HINGE

- Kettle Bell Deadlift
- Trap Bar Deadlift
- Romanian Deadlift
- Suitcase Deadlift
- Unilateral Deadlift
- Sumo Deadlift



MOVEMENT WITH LOAD

- Farmer's Carry
- Sled Drags
- Sled Pulls
- Overhead Carry
- Firemen's Carry
- Waiter's Carry



OMNI-DIRECTIONAL

- High-Low Chop Pattern
- Low-High Chop Pattern
- Frontal
- Sagittal
- Combos
- Kneeling (1/2 & full)



UPPER BODY MOVEMENTS



VERTICAL PULL

- Banded High Pull
- Cable High Pull
- DB Pull Over
- Pull Up / Chin Up
- Inverted Pull
- Pull Down/Lat Pull



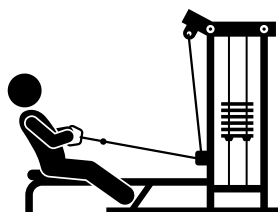
VERTICAL PUSH

- DB Push Press
- Military Press
- Med Ball Overhead Throws



HORIZONTAL PULL

- Standing Cable Row
- Low Row
- TRX Row
- Inverted Row
- Unilateral Row



HORIZONTAL PUSH

- Chest Press
- Cable press
- Med Ball Throw
- Push Up

