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Movement Pattern	Directions
Squat	-
Hinge	-
Push	Vertical, Horizontal
Pull	Vertical, Horizontal

Movement Pattern	Primary Muscle Group(s)
Squat	Front Leg (Quadriceps)
Hinge	Glutes, Back Leg (Hamstrings)
Push	Shoulders (Deltoid), Chest (Pectoralis)
Pull	Back (Latissimus Dorsi)

Muscle Group	Muscle Function(s)
Front Leg (Quadriceps)	- Knee Straighten (Knee Extend)
Glutes	- Hip Push (Hip Extend)
Back Leg (Hamstrings)	- Hip Push (Hip Extend) - Knee Bend (Knee Flex)
Shoulders (Deltoid) (Front, Middle, Back)	- Overhead Push (Shoulder Flex) - Front Part - Laterally Raise (Shoulder Abduction) - Middle Part - Pull Shoulder Back (Shoulder Extend) - Back Part
Chest (Pectoralis)	- Pushes (Shoulder Flex & Extend) - Fly's (Shoulder Adduction)



Back (Latissimus Dorsi)	<ul style="list-style-type: none">- Pulls Overhead (Shoulder Extension)- Rows (Shoulder Retraction)
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Program Design According to Movement Pattern		
SQUAT	SQUAT Single Leg (Unilateral):	SQUAT Double Leg (Bilateral):
	DB Split Squat <ul style="list-style-type: none"> - Regular - Back Foot Elevated - Front Foot Elevated BB Split Squat <ul style="list-style-type: none"> - Regular - Back Foot Elevated - Front Foot Elevated TRX Split Squat <ul style="list-style-type: none"> - Regular - Back Foot Elevated - Front Foot Elevated 	<ul style="list-style-type: none"> - BB Squat - DB Squat - Gym Ball Squat - TRX Squat - KB Squat - Mini Band Squat
HINGE	HINGE Multi-Joint Exercises	HINGE Single Joint Exercises
	Deadlift: <ul style="list-style-type: none"> - Regular - Hex Bar Deadlift - BB Romanian Deadlift - DB Romanian Deadlift - KB Romanian Deadlift Kettlebell Swing	<ul style="list-style-type: none"> - Cable Kickback - Machine Kickback - Mini Band Kickback - Hip Thrust (DB, BB, 1-Leg, 2-Leg) - 45 Degree Back Extension - Reverse Hyperextension

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PUSH	Vertical Push Exercises	Horizontal Push Exercises
	<ul style="list-style-type: none"> - DB Chest Press - BB Chest Press - Band Chest Press - DB Shoulder Press (Standing, Seated, 1-Arm, 2-Arm) - BB Shoulder Press (Standing, Seated) - KB Shoulder Press (Standing, Seated, 1-Arm, 2-Arm) - Band Shoulder Press - Machine Shoulder Press - Push-Up 	<ul style="list-style-type: none"> - Cable Chest Press - Machine Chest Press - Band Chest Press
PULL	Vertical Pull Exercises	Horizontal Pull Exercises
	<ul style="list-style-type: none"> - Cable Pulldown (All Grip Variations) - Pull-Up (Palms Over or Parallel Grip) (Band Assisted, Unassisted, Machine) - Chin-Up (Palms Under) (Band Assisted, Unassisted, Machine) - Single Arm Dumbbell Row (On or Off Bench) - Bent Over Barbell Row - Landmine T-Bar Row - TRX Inverted Row - Barbell Inverted Row - Front Bench Lying Dumbbell Row 	<ul style="list-style-type: none"> - Cable Row (All Grip Variations, Seated, Standing) - Machine Row (All Grips)

Program Design According to Movement Pattern

Muscle Group	Muscle Function(s)	Multi-Joint Exercises	Single-Joint / Accessory Exercises
Front Leg (Quadriceps)	- Knee Straighten (Knee Extend)	Knee Straighten: <ul style="list-style-type: none"> - Squats (All Variations) - Lunges (All Variations) - Step-Ups (All Variations) - Leg Press (All Variations) 	Knee Straighten: <ul style="list-style-type: none"> - Machine Leg Extension
Glutes (Glute Max)	- Hip Push (Hip Extend)	Hip Push: <ul style="list-style-type: none"> - Deadlifts (All Variations) - Kettlebell Swing 	Hip Push: <ul style="list-style-type: none"> - Hip Thrust (All Variations) - 45 Degree Back Extension - Kickbacks (All Variations) - Reverse Hyperextension
Back Leg (Hamstrings)	- Hip Push (Hip Extend) (Inner Hamstrings) - Knee Bend (Knee Flex) (Outer Hamstrings)	Hip Push (Inner Hamstrings): <ul style="list-style-type: none"> - Deadlifts (All Variations) - Kettlebell Swing 	Hip Push (Inner Hamstrings): <ul style="list-style-type: none"> - Hip Thrust (All Variations) - 45 Degree Back Extension - Kickbacks (All Variations) - Reverse Hyperextension Knee Bend (Outer Hamstring): <ul style="list-style-type: none"> - Machine Leg Curl - Cable Single Leg Curl

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Shoulders (Deltoid) (Front, Middle, Back)	<ul style="list-style-type: none"> - Overhead Push (Shoulder Flex) - Front Shoulder - Laterally Raise (Shoulder Abduction) - Middle Shoulder - Pull Shoulder Back (Shoulder Extend) - Back Shoulder 	Shoulder Flex (Front Shoulder): <ul style="list-style-type: none"> - Shoulder Press (All Variations) Laterally Raise (Middle Shoulder): <ul style="list-style-type: none"> - Upright Rows (All Variations) Shoulder Extend (Back Shoulder): <ul style="list-style-type: none"> - *Any Row Movement (i.e. Cable Rows, Front Lying DB Row, Single Arm Row) 	Shoulder Flex (Front Shoulder): <ul style="list-style-type: none"> - DB Front Raise Laterally Raise (Middle Shoulder): <ul style="list-style-type: none"> - DB Lateral Raise (Seated, Standing) Shoulder Extend (Back Shoulder): <ul style="list-style-type: none"> - Cable Face Pulls - Front Bench Lying DB Lateral Raise - Bent Over DB Lateral Raise
Chest (Pectoralis)	<ul style="list-style-type: none"> - Pushes (Shoulder Flex & Extend) - Fly's (Shoulder Adduction) 	Push: <ul style="list-style-type: none"> - Chest Press (All Variations) 	Fly: <ul style="list-style-type: none"> - Chest Fly (All Variations)
Back (Latissimus Dorsi)	<ul style="list-style-type: none"> - Pulls Overhead (Shoulder Extension) - Rows (Shoulder Retraction) 	Pulls Overhead: <ul style="list-style-type: none"> - Cable Pulldowns (All Variations) - Pull-Ups (Palms Over & Parallel Grip) - Chin-Ups (Palms Under Grip) 	Rows: <ul style="list-style-type: none"> - Cable Rows (All Variations) - DB Rows (All Variations) - BB Rows (All Variations) - TRX Rows (All Variations) - Machine Rows (All Variations) - Band Rows (All Variations)