

## Session # 4628

### Bodies in Motion: Foundation Flow

Presented by: Krista Popowych, BHKin [info@kristapopowych.com](mailto:info@kristapopowych.com)  
2016 canfitpro Presenter of the Year; 2014 IDEA Instructor of the Year

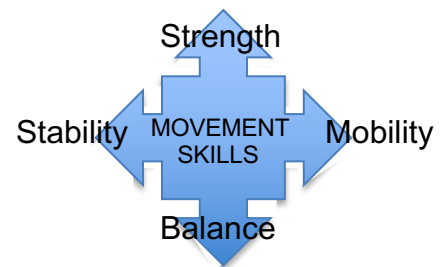
**Introduction:** In this session, participants will learn and experience interesting exercise combinations that include all foundation exercises (squat, lunge, hinge, push, pull, plank and rotation) combined with loaded movement patterning that transition smoothly from exercise to exercise. Learn the benefits of loaded movement training and try combinations that you can use for small group training or group fitness classes.

**The Foundation:** Plank Squat Lunge Hinge Push Pull Rotate \*Lift

**Our bodies need to:** absorb, produce and transfer forces

#### Create the Road Map

- Deal with forks in the road (progression, regression)
- Arriving at the destination (base + speed / power)



#### Movement Principles

1. Load (body weight or external force)
2. Lever (increase / decrease intensity)
3. Hand & foot (placement changes)
4. Center (location of center of mass)
5. Tempo (speed of movement)
6. Power (combination of speed and force)

#### Exercise Combinations

1. Squat – drop down, touch the floor 1-2-3
2. Plank - into bear walk; forward and shuffle back
3. Lunges – from 12 to 9 o'clock clockwise
4. Pull – Partner; row + row/jump back
5. Hinge – diamond touches, near and far
6. Press – partner in split lunge
7. Rotation – kneeling; hands behind, rotate, side bend, lift, rotate
8. Lift – squat to overhead press, weights touch down
  
9. Squat – 45' angle lift
10. Plank – walk feet back, tiny steps, palms down, finger tips lifted
11. Lunge – lunge forward, walk 1-2 x4; lunge back
12. Pull – double weights; press & lift, triceps
13. Hinge – band around foot; press back
14. Press – push up variation
15. Rotation – side lunge, on-guard, rotate (elbow pull), lift & in; side leg lift
16. Lift - both weights; farmer lift up and over
  
17. Squats – partner press out, press in; lower down and lift
18. Plank – hand placed to the side and hold
19. Lunge – side lunge; weight down and lift; triceps into hops
20. Pull – band connected with partner; 4 positions
21. Hinge – hinge, walk out, reach right left; side hop and lift
22. Press – partner; band hold – jump side, push forward
23. Rotation – hop, right-center-left; left-center-right
24. Lift – shuffle, place the weight down, pick it up

Thank You!