

# The Strength Blueprint: Squat, Hinge, Push, Pull and Core

## Key Takeaways

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### Benefits of Strength Training



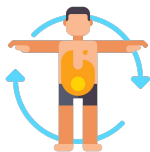
Enhances functional capacity



Promotes longevity



Improves quality of life



Supports metabolic health



Enhances mental well-being



Empowers independence

2

### The 5 Fundamental Movements

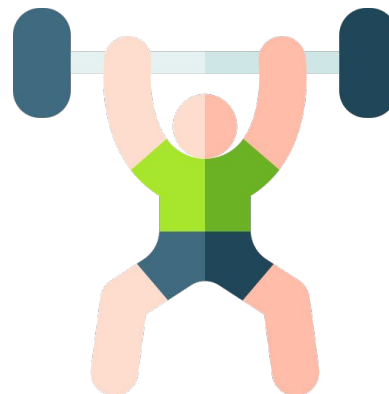
Core

Push

Pull

Hinge

Squat



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## Key Takeaways

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### Strength Training Template

CORE	PUSH	PULL	HINGE	SQUAT
<p>Use as warm-ups and activation tool</p> <p>Include 2 stability + 1 anti-rotation exercise</p> <p>Repeat every session</p>	<p>Include 2 Push Movements</p> <p>1 Vertical + 1 Horizontal</p>	<p>Include 2 Pull Movements</p> <p>1 Vertical + 1 Horizontal</p>	<p>Include 2 Hinge Movements</p> <p>1 Unilateral + 1 Bilateral</p>	<p>Include 2 Squat Movements</p> <p>1 Unilateral + 1 Bilateral</p>

Take charge of your mental health today!

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