

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

Feeling lost in the gym? Want to ditch generic routines and build a strong, functional body with targeted workouts?

It doesn't matter if you're a beginner wanting to build a strong foundation for your fitness journey; or if you're a seasoned pro seeking to refine your technique and optimise your workouts. This session is your roadmap to success!

Join us as we unveil the secrets of the 5 fundamental movements. These aren't just exercises – they're the foundational pillars for building a powerful, capable physique

Learning Objectives

- Understanding the 5 fundamental movements
- Learn how to build a training programme around the fundamentals

Content Outline

What are the 5 Fundamental Movements?

- The 5 Movements: Core, Push, Pull, Hinge, Squat
- How to Use the 5 Movements Properly
- Functional Transfer: Examples of Movement in Exercise and Daily Life

Building our Training Programme Around the Fundamentals

- Benefits of Strength Training
- A Progressive Mindset
- Template for Training