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## Basic Training Fundamentals

There are 7 Primal Movement Patterns made by the body during day to day activity.

Descend	<b>Primal Movement</b>	Ascend
<ul style="list-style-type: none"> <li>• Ball Wall Squat</li> <li>• Single Leg Repeat</li> <li>• Med. Ball Dead Lift</li> <li>• Modified Push Up</li> <li>• Seated Row</li> <li>• 30sec Hover</li> <li>• Bench Dips</li> </ul>	<ul style="list-style-type: none"> <li>• Squat</li> <li>• Lunge</li> <li>• Bend/Twist</li> <li>• Push</li> <li>• Pull</li> <li>• Core</li> <li>• Arms</li> </ul>	<ul style="list-style-type: none"> <li>• Weighted Olympic Bar Squat</li> <li>• Plyometric Alternating Lunge</li> <li>• Wood Chop</li> <li>• Dumb Bell Chest Press</li> <li>• Body Weight Chin Ups</li> <li>• Feet on Ball 1 Min. Hover</li> <li>• Skull Crushers</li> </ul>

To make the most of your training it is important that you incorporate these natural movement patterns into your training.

Ascend or Descend these movement patterns to your personal fitness level and **consider things like Injuries, Blood Pressure, Core and Back Strength.**

To boost your fitness add some cardio between exercises and keep moving.