

FOUNDATIONAL MOVEMENTS



Each foundational movement directly correlates to movement seen in tactical situations.....



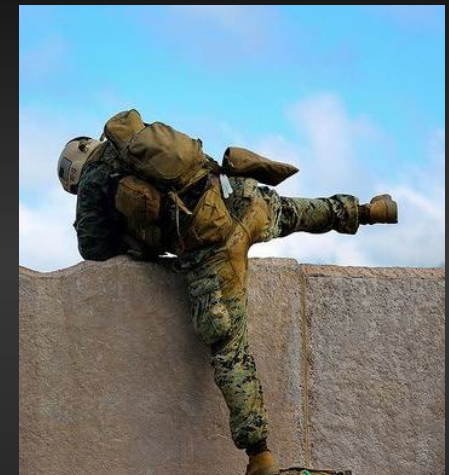
SQUAT



LUNGE



ROTATION



PULL



PLANK



PUSH



HINGE