

# ALL THE RIGHT MOVES

People new to strength training often think that each muscle needs its own separate exercise. Not true. Rachel Cosgrove, CSCS, author of *The Female Body Breakthrough*, recommends you focus on just seven basic movements. Do a variation of each one three times a week for a complete head-to-toe workout.



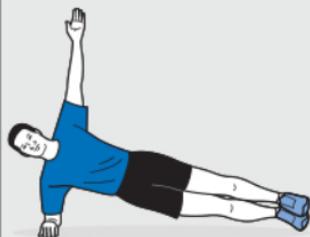
A **PUSH**, naturally enough, requires you to push an object away (or push yourself away from an object, usually the floor).

**Examples:** pushups, bench presses, kettlebell push-presses



A **PULL** is the opposite: You pull an object toward you (or pull yourself toward an object, such as a pull-up bar).

**Examples:** pull-ups, pull-downs, rows of all kinds



A **TWIST** covers any core or abdominal movement you may run across (even moves

where you don't actually twist), as well as some fancy moves that require you to stabilize through your core while your arms and legs move.

**Examples:** planks, side planks, ab-wheel rollouts, mountain climbers, wood chops



A **BEND** requires you to hinge at the hip joints, usually while keeping your lower back straight.

**Examples:** deadlifts of all kinds, kettlebell swings, back hyper-extensions



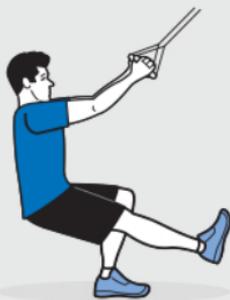
A **SQUAT** covers any move where you're standing on two feet and lowering your center of gravity with your torso more or less upright.

**Examples:** body-weight squats, front squats, overhead squats



A **LUNGE** is similar to a squat except you start with your feet together, then step one foot forward as the opposite knee lowers toward the floor.

**Examples:** dumbbell lunge, walking lunge, rear-foot elevated split squat



A **SINGLE-LEG MOVEMENT** is an exercise in which you step up on a platform, squat, or bend using one foot only.

**Examples:** step-up, TRX-supported single-leg squat

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