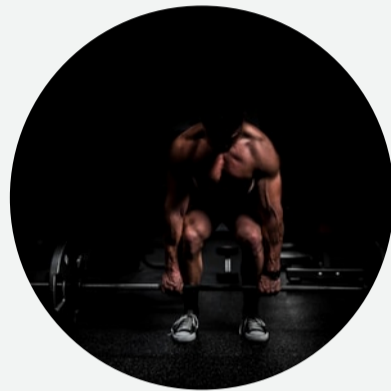


ESSENTIAL

movement patterns in resistance training

The exercises and movement patterns listed in this file are the foundation of every strength and hypertrophy training program, in that they encompass the main **compound movements** which are at the basis of any well-structured plan. This pdf shows the main exercises for each main pattern: squat, hip hinge, vertical and horizontal pull, vertical and horizontal push. This infographic is intended as an addition to the blog post which can be found [here](#).



MOVEMENT PATTERN

MAIN EXERCISE

Squat	Barbell Back Squat Barbell Front Squat
Hip Hinge	Deadlift Hip Thrust Kb Swings
Horizontal Push	Barbell Bench Press Dips Db Bench Press
Horizontal Pull	Bent Over Row
Vertical Push	Overhead Press
Vertical Pull	Pull Ups Chin Ups Lat Pulldown

When designing training programs, these exercises are the foundations, the 20% which generates 80% of your training results. For beginners, they are what allows them to progress over time (*progressive overload*); for intermediate and advanced athletes, they represent the basics, still fundamental, movements to stick to, which are integrated in training sessions that also account for complementary and isolation exercises.

