

## Week One: Context-Free Locomotive Drills (Unloaded)

This week we start with "context-free" locomotive drills, i.e. unloaded movements. Such movements do not need to adapt to complex environmental demands and can be performed on any flat surface, indoors or outdoors, anywhere. The drills will be pretty similar each day this week. You will, however, progressively perform more repetitions so you become a bit more comfortable with them everyday. Practice not just the physical side but also mindfulness by focusing on quality movement patterns, including joint stability, a tall posture, and balance, as well as a strong, yet slow and relaxed abdominal breathing.

Practice each drill separately so you become familiar with those movements from a proprioceptive standpoint. You may follow the specific number of reps indicated, or you may solely focus on sensations instead and practice as long as the movement feels beneficial to you.

### Props:

None, except a yoga mat if you want to alleviate the discomfort of your knees and ankles supporting your bodyweight. Practice on a soft surface, grass, or sand if you can't stand hard surfaces. Anyway, who said it was easy? Suck it up!

### Week 1, Day 1

- Stepping Over x 4: Perform dynamically, avoid counterbalancing with the upper body. Switch sides.
- Stepping Under x 4: Perform dynamically, avoid rounding the back. Switch sides.
- Lateral Figure Four Sitting Reverse x 4
- Assisted Squat x 8: Hold at the bottom and bounce softly a few times before standing up.
- Split Squat x 4: Keep front knee stable, switch sides.
- Deep Knee Bend x 4: Maintain a tall posture.
- Deep Knee Bend Stances x 4: Hold stance for about 10 seconds each time. Maintain a tall posture and stable ankles and knees.
- Medium Kneeling to Tall Kneeling x 4
- Deep Knee Bend to Tall Half-kneeling x 4: Switch sides.

### Week 1, Day 2

- Dynamic Stepping Over x 8: Perform dynamically, avoid counterbalancing with the upper body. Switch sides.
- Dynamic Stepping Under x 8: Perform dynamically, avoid rounding the back. Switch sides.
- Lateral Figure Four Sitting Reverse x 8
- Assisted Squat x 16: Hold at the bottom and bounce softly a few times before standing up.
- Split Squat x 8: Keep front knee stable, switch sides.
- Deep Knee Bend x 8: Maintain a tall posture.
- Deep Knee Bend Stances x 8: Hold stance for about 10 seconds each time. Maintain a tall posture and stable ankles and knees.
- Medium Kneeling to Tall Kneeling x 8
- Deep Knee Bend to Medium Half-kneeling x 8: Switch sides.

### Week 1, Day 3

- Slow and Controlled Stepping Over (alternate sides) x 10
- Slow and Controlled Stepping Under (alternate sides) x 10

- Lateral Figure 4 Sitting Reverse x 10
- Assisted Squat x 20
- Split Squat (alternate side) x 10
- Deep Knee Bend x 10
- Deep Knee Bend Stances x 8 (hold for 20 seconds)
- Deep Kneeling to Tall Kneeling x 10
- Deep Knee Bend to Deep Half-kneeling (alternate side) x 10
- Split Deep Knee Bend Reverse (alternate side) x 10

### Week 1, Day 4

- Stepping Over x 10: Perform in a slow and controlled manner. Switch sides.
- Stepping Under x 10: Perform in a slow and controlled manner. Switch sides.
- Lateral Figure Four Sitting Reverse x 12
- Assisted Squat x 30: Hold at the bottom and bounce softly a few times before standing up.
- Split Deep Knee Bend Reverse x 12
- Deep Kneeling to Tall Kneeling x 12: Shift bodyweight backward as your knees go to the ground.
- Deep Knee Bend to Deep Half-Kneeling x 12: Switch sides.

## Week Two: Context-Adaptive Locomotive Drills (Unloaded)

Wait, you really thought MovNat HAD to be trained outdoors, barefoot and shirtless? Not at all. MovNat can be done anywhere. While a primal contact with nature is great for health and well being, it is not mandatory, and sometimes simply not the most practical. The primary goal is to have you move naturally, i.e., perform movement patterns that have practical and adaptive value in the real world. If you want to practice those drills in a more convenient indoors setting, go for it! They will be equally beneficial to you.

**This week you are being introduced to "context-adaptive" locomotive drills, i.e. unloaded movements that must adapt to environmental demands.** Some moves are similar to those of the first week and others are new and more challenging. Expect more reps right off the bat as the first week of practice should have loosened up your joints a little.

At first, train with simple and safe props as indicated. You are free to increase complexity and challenge as long as it is not detrimental to movement quality (or your own safety). For instance, instead of using a 2x4, you may use a rounded metal bar. Ultimately, movements may have to adapt to real-world parameters that can be significantly more demanding, but if you're a beginner don't be a jackass and don't underestimate the challenge of a simple 2x4 board.

**Keep focusing on mindful, quality movement patterns, including joint stability, a tall posture, as well as a strong, yet slow and relaxed abdominal breathing.**

Practice each drill separately so you become familiar with both the new drills and the new environmental demands. Again, you may follow the specific number of reps indicated, or you may solely focus on sensations instead and practice as long as the movement feels beneficial to you.

### Props:

- A hurdle, dowel, or broom stick.** You'll place this between 2 chairs (2 buckets, 2 boxes, 2 piles of books, whatever). You could also attach a piece of string between 2 chairs (or 2 trees, 2 neighbors

– you get the point).

- **An 8 to 12 foot 2x4 board.** Costs less than five bucks if you don't have one or can't borrow one somewhere. Or anything that looks like a long, narrow surface like that, that is stable, and that you can keep at ground level so you keep the training safe.
- **A yoga mat.** Only if you haven't mentally toughened up yet. Don't you know strength is also and primarily in the mind?

### Week 2, Day 1

- Stepping Over Hurdle x 10: Perform dynamically, avoid counterbalancing with your arms. Switch sides.
- Stepping Under Hurdle x 10: Perform dynamically, avoid rounding the back. Switch sides.
- Lateral Figure Four Sitting to Tall Split Kneeling x 10: Switch sides
- Deep Knee Bend to Tall Deep Knee Bend x 6: Perform while balancing. Avoid counterbalancing. Hold the tall stance 10 seconds each time.
- Deep Squat x 20
- Slow Split Squat x 10: Perform while balancing. Avoid counterbalancing. Switch sides.
- Dynamic Split Squat x 10: As above.

### Week 2, Day 2

- Stepping Over Hurdle x 10: Perform dynamically, avoid counterbalancing with your arms. Switch sides.
- Stepping Under Hurdle x 10: Perform dynamically, avoid rounding the back. Switch sides.
- Lateral Figure Four Sitting to Tall Split Kneeling x 12
- Deep Knee Bend to Tall Deep Knee Bend x 8: Perform while balancing. Avoid counterbalancing. Hold the tall stance 10 seconds each time.
- Deep Squat to Tall Kneeling x 15
- Dynamic Deep Knee Bend x 10: Perform while balancing. Avoid counterbalancing. Start standing and get back to a standing position.
- Slow and Controlled Deep Knee Bend Stances x 10: Perform while balancing. Start standing, lower your body slowly, and hold the deep stance for 10 seconds.

### Week 2, Day 3

- Stepping Over Hurdle x 10: Perform slowly, avoid counterbalancing with your arms. Switch sides.
- Stepping Under Hurdle x 10: Perform slowly, avoid rounding the back. Switch sides.
- Lateral Figure 4 Sitting to Tall Split Kneeling x 14: Switch sides.
- Deep Squat to Medium Kneeling x 20
- Deep Kneeling to Lateral Half-kneeling x 20: Switch sides.
- Deep Knee Bend to Tall Deep Knee Bend x 10: Perform while balancing. Avoid counterbalancing. Hold the tall stance 10 seconds each time.

### Week 2, Day 4

- Stepping Over Hurdle x 10 : Perform slowly, avoid counterbalancing with your arms. Switch sides.
- Stepping Under Hurdle x 10: Perform slowly, avoid rounding the back. Switch sides.
- Lateral Figure Four Sitting to Tall Split Kneeling x 16: Switch sides.
- Deep Squat to Deep Kneeling x 20
- Deep Kneeling to Lateral Half-kneeling x 20: Switch sides.
- Deep Kneeling to Lateral Half-kneeling to Split Kneeling x 10: Switch sides.
- Split Deep Knee Bend Reverse x 12: Perform while balancing on a narrow surface.

## **Week Three: Context-Adaptive Locomotive Drills (Loaded)**

### **Week 3, Day 1:**

- Stepping Over x 8
- Stepping Under x 8
- Lateral Figure Four Seated to Tall Split Kneeling (Alternate sides) x 8
- Deep Knee Bend x 8
- Deep Knee Bend Stances x 8 (Hold as long as you can.)
- Split Squat (Alternate sides) x 8
- Medium Kneeling to Tall Kneeling x 8
- Deep Knee Bend to Tall Half-kneeling (Alternate sides) x 8

### **Week 3, Day 2:**

- Stepping Over x 12
- Stepping Under x 12
- Lateral Figure Four Seating to Tall Split Kneeling (Alternate sides) x 12
- Deep Knee Bend x 12
- Deep Knee Bend Stances x 12 (Hold for 10 seconds)
- Deep Squat x 12
- Deep Squat to Medium Half-kneeling (Alternate sides) x 12
- Deep Squat to Tall Kneeling x 12

### **Week 3, Day 3:**

- Deep Squat x 16
- Deep Knee Bend to Tall Deep Knee Bend x 6 (Hold the tall stance for 10 seconds)
- Deep Squat to Deep Half-kneeling (Alternate sides) x 16
- Deep Squat to Medium Kneeling x 16
- Deep Kneeling to Lateral Half-kneeling (Alternate side) x 16
- Split Deep Knee Bend Reverse x 16

### **Week 3, Day 4:**

- Deep Squat x 20
- Deep Knee Bend to Tall Deep Knee Bend x 8 (Hold the tall stance for 10 seconds)
- Deep Squat to Deep Kneeling x 20
- Deep Kneeling to Lateral Half-kneeling (Alternate sides) x 20
- Deep Kneeling to Lateral Half-kneeling to Split Kneeling (Alternate sides) x 20
- Split Deep Knee Bend Reverse x 20

## **Week Four: Combo Workouts**

### **Week 4, Day 1:**

- Hold It Tight

### **Week 4, Day 2:**

- Down On My Knees

### **Week 4, Day 3:**

- Shuffle Job

#### Week 4, Day 4:

- One-legged Situation

Today's final workout involves a **get up (transition from a ground to a standing position) movement that is particularly challenging to most people, even when unloaded.** Indeed, the transition from a figure four sitting position to a medium half-kneeling stance requires great mobility and stability in the hips and knees. I strongly recommend to warm up and perform the move without carrying any weight at first. When you feel ready to start carrying something while performing the movement, use a rather light weight.

**This movement is a simple, yet challenging way to get up from a sitting stance.** However, it is incompatible with both high intensity and volume. It isn't the type of movement you would attempt with a heavy load, as it would be extremely stressful, particularly for your knee joints. Do not perform this movement an insane amount of times in a row, even without holding any weight.

**If this particular movement is too difficult for you to perform easily without weight, obviously you will not want to load it.** If it so challenging that you can't perform it at all, you want to replace it by a more doable option. You could substitute any of the movements we've covered in the last three weeks, or any other movement you like.

**Again, this 4-week program was a general program emphasizing mobility gains and the applicability of strength through natural movements performed in a way that resemble everyday life.** The best approach is always to adapt training to your own needs, weaknesses, or goals and to customize your program. This is a central component of the MovNat system.

**I hope you guys who did it enjoyed it and have already noticed substantial benefits.**