

## 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

(See video demonstrations below)

- 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.