


The Importance of Fundamental Exercises

By: Haven Kramer



Life... the most precious thing in the world. We are born, we grow, we make children, we watch them grow and then we die. Yet life is the thing we take the most for granted. Life is everything, but in the last 20 plus years, we have created sedentary lifestyles for ourselves and our children, by the choices we have made. In a previous blog, I talked about the importance of fitness; why and how we can incorporate exercise in our lives. In this blog, I will cover the importance of fundamental exercises and why people of all abilities need to incorporate these exercises in their daily routine.

As stated in the previous blog, fitness is about being able to perform your best in life. To reach a peak fitness level that allows us to perform our best, we need to exercise. But, what exercises do we implement to reach that fitness level and be able to perform our best in life? To reach that fitness level and optimize daily living, we need to train our body to do fundamental movement patterns, a.k.a, fundamental exercises.

Fundamental exercises are movements that can be translated to daily living and are essential for overall health. Movements like squatting, lifting, and various pushing & pulling movements are all fundamental to our daily lives. We do these movements so often without even thinking about it it's not even funny. So why not make an exercise routine (i.e. deadlift, bench press and rowing) that includes and targets these fundamental movements, training our bodies to do them properly, so we can perform our best when doing them in our everyday lives.

There are many of the fundamental exercises out of hundreds of different ones that we can incorporate into our exercise routine. We must remember it is important to do these fundamental movements along different planes or in other words squatting, lifting, pushing and pulling the weights in different directions.

For example: (1) bent-over row, (2) close grip row and (3) lat-pull downs are all pull movements; however, they are pulling movements in different ways and directions, allowing you to target different areas of the back.



The same goes for push exercises. (1) Regular bench press, (2) incline bench press and (3) over-head press are all pushing exercises, but they target different parts of the muscles being used.

Incorporating squats and deadlifts are important because we do these movements all the time. When we are at home picking up our children, when we are at work lifting things or even just getting up from a desk we are using squatting and deadlift muscles and movement patterns. Performing these movements in our exercise routine will in turn improve our ability to do these movements outside of the gym. Increasing our overall health.

For people who have a disability, it is important to exercise and do these fundamental movements along all the different planes. People with a disability have a lot to overcome, they sometimes cannot physically do certain movements that people with no disability can. That is why it is as/or more important for people with a disability to exercise and do these specifically targeted movements even if it means finding a way to modify some typical exercises or use specialized equipment to assist with the proper movement. Working with an educated and certified personal trainer specialized in adaptation exercises can dramatically help improve the desired results.

Concentrating on fundamental exercises will in turn increase their quality of life dramatically. These exercises may increase their range of motion, their attitude and have many other positive results. I am saying this with experience. I myself have a disability, and fitness has improved my life substantially. Unfortunately, not all the desired outcomes will happen for each and every person. This is due to everyone being different. Two people may have the same disability or body type but the way their body adapts to exercise can be different.

I hope I have inspired you to start incorporating fitness into your life and will remember to include fundamental exercises within your routine so that you can perform your best in life. Because that is the end all, be all, when it comes to life: to be the fittest we can be, so we can enjoy our lives, watch our children grow to be successful and die having lived a happy and healthy life.