

Breaking Down the 6 Elements of Movement To Build a Better You

Hi everyone. From the previous article, it should be apparent how developing your athletic ability is great for your both skating and doing everyday activities.

Fitness encompasses a huge range of exercise, drills and activities. However, no matter what you are doing it's going to be made up from a combination of; **Pull, Push, Squat, Lunge, Hinge, Rotation and Brace.**

For young developing body's, it's important to have a wide variety of movements in their training. This helps with developing movement skills, prevent imbalances that may hamper technical abilities in the future and lower the risk of avoidable injuries.

For older body's, variety will assist in slowing down the aging process and the ability to keep doing what you love to do.

In general; the more complex the activity - the greater the need for developed movement skills. In this article, we will have a look at each of the elements and where they fit into skating.

Pull: Any movement where the hands move toward the body and/or the shoulders move backwards. Examples are; the seated row or lying reverse pull. The main muscles involved are the mid and upper back, biceps, forearms and rear shoulder muscles.

Skating – Arm swing and upper body stability.



Bent over Row

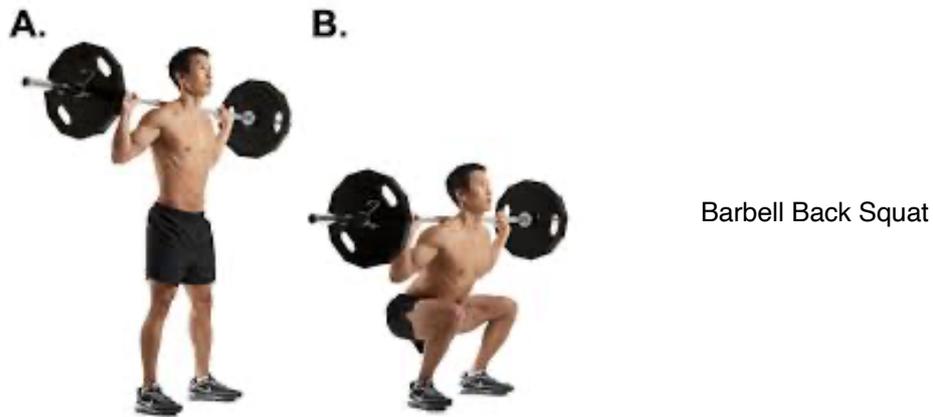
Push: The opposite of the pull, this action includes any movement where the arms extend, and the hands move away from the body. Examples are; the pushup and overhead shoulder presses. The main muscle groups involved are the chest, triceps and the front area of the shoulders.

Skating – Arm swing, upper body stability and the relay push.



Push up

Squat: The squat action involves the entire body, but specifically targets the hip and leg muscles and the three main lower body joints (hip, knee and ankle). These three joints simultaneously flex and extend, lowering and lifting the body. Examples of the squat are; Barbell back squat, dumbbell goblet squats and barbell front squats. The main muscles used in the squat movement are the gluteus, core, quadriceps and the hamstring muscles.
Skating – Lower body strength and power



Lunge: The basic lunge movement requires one foot to be moved forward, from a standing position, in a single action that is longer than a regular walking stride length. This movement demands a higher degree of flexibility, stability and balance than the squat movement, but generally less resistance (weight) can be used. Other variations of the lunge are the step up, side and reverse lunge and the Bulgarian split squat. The lunge targets the gluteus, quadriceps, core and hamstrings.
Skating – Lower body strength, power and stabilisation.



Forward Lunge

Hinge: This movement is a flex and extension of the hips hinge exercises, to lean the torso forward, while maintain a neutral spine.

Examples are; Deadlifts movement such as sumo deadlifts, Romanian deadlifts and kettlebell deadlifts. These target the posterior chain, which are the hamstrings, gluteus and lower back muscles.



Deadlift

Rotation: The rotation movement involves 'twisting' the spinal column. Although seen as useful for mainly for throwing and kicking (ball) activities, rotational development and control is important for sports where changing directions while moving and upper-body to lower-body control and coordination are needed. To some degree, all the major muscles of the torso are required to produce and control rotation core, however it is specifically the oblique groups of muscles that are the main contributor. Examples include; seated torso rotations, windscreen wipers and wood chops.

Skating – upper and lower body connection and coordination



Windscreen Wipers

Brace: Bracing is not so much of a movement, but more of an active contraction of the muscle group to improve stability. Bracing in this context is primarily the muscles of the torso and pelvic floor: Transverse abdominals, obliques, erector spinae. Examples include; Front plank, side plank and the back-extension exercises.

Skating – Torso position and control



Side plank

So, there is an overview of the elements that make up exercises and drills and where they fit into skating. In the up-coming articles, we will take a closer look how you can assess what areas you need to address and some exercises and drills that you can do at home to improve your fitness and your skating

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