

# PRIMAL MOVEMENT HIERARCHY

MOVEMENT PATTERN							
	Squat	Horizontal Press	Vertical Press	Hinge	Pull	Lunge	Gait
<b>REGRESSION &gt;&gt;</b>		Elevated/ Asst. Pushup					
	Bodyweight Box Squat	Pushup	Incline DB Press	DB/KB RDL	Asst. Chinup	Supported Split Squat	
	Bodyweight Squat	DB Bench Press	DB Shoulder Press	DB/KB Deadlift	One-arm DB Row	Split Squat	
	Goblet Squat To Box	Pushup	DB Military Press	Romanian Deadlift	DB Row	Step up	DB Farmers Carry
	Goblet Squat	Dip	Incline Barbell Bench	Trap Bar Deadlift	Band Asst. Chinup	Reverse Lunge	DB Suitcase Carry
	<b>BASELINE &gt;&gt;</b>	<b>Barbell Squat</b>	<b>Barbell Bench Press</b>	<b>Barbell Military Press</b>	<b>Deadlift (sumo/conventional)</b>	<b>Chinup</b>	<b>Lunge</b>
<b>PROGRESSION &gt;&gt;</b>	Pause Squat	Weighted Dip	DB Push Press	KB Swing	BB Row	FFE Split squat	Front Racked Carry
	Front Squat		Push Press	Pause Deadlift	Asst. Pullup	RFE Split Squat	Offset Racked Carry
	Overhead Squat			Split-stance Deadlift	Pullup	Loaded Step-up	Waiters Carry
				Single-Leg Deadlift	Weighted Chinup/Pullup	Loaded Split squat	Overhead Carry
				Stiff-leg Deadlift		Loaded Lunges	
				Deficit Deadlift		Offset Loaded Lunges	
						Supported Pistol	
						Pistol	
						Loaded Pistol	

Legend	Modifications
Asst: = Assisted	Tempo
DB= Dumbbell	Isometrics
KB= Kettlebell	Bands
FFE= Front foot elevated	Chains
RFE = Rear foot elevated	Implement
	Instability
	Range of Motion