

NON-LOCOMOTOR MOVEMENTS REFLECTION PAPER

Non-locomotor movements are basic yet powerful exercises that focus on stability, strength, and control without requiring any forward or backward movement. Some of the non-locomotor movements include; bracing the core, bird dog series, push-up series, scapular protraction and retraction, plank series, and squat series that are important in fitness and awareness of the body. Though these kinds of movements are not commonly found in the regular work out routines, they are so effective in enhancing strength, stability, and posture. This essay examines the way performing these non-locomotor movements affects my health and well-being, it also reveals how I envision these for my future endeavors.

Doing non-locomotor movements like bracing the core, bird dog, push-up series, scapular protraction and retraction, plank series, and squat series has really affected my well-being, both physically and psychologically. Physically, these exercises contributed to the improvement of my core strength, stability, and postures. Mentally, these exercises have taught me with patience and the urge for focus. The activities require concentration and self-control, thus helping me to be present and reduce distractions. If I consider the future, I feel that these skills will benefit me in many ways. These practices also help me in managing stress as they include controlled breathing patterns. Furthermore, these exercises helped me improve my strength and stability of my muscles. The nature of these workouts helps me keep attention and focus, as well as, discipline. Overall, I would say that they have formed an excellent foundation on my health and psychological well-being. And I look forward to using these skills in different ways throughout my life.

To sum up, non-locomotor movements contribute to strength and stability and enhance body awareness. Core bracing, bird dog series, push-ups, scapular movements,

planks, and squats can bring changes in posture, strengthen, and control movement in a better way. I can say that quite a few of these exercises have a strong impression on my physical and mental health. As I continue to practice these movements, I see them as valuable tools that will support my long-term health and well-being.