

# StayStrong Traveler - Full Movement Glossary

## **Agility Ladder Fast Feet**

Quick small steps in place or over imaginary ladder, stay light on feet.

## **Air Squat**

Stand tall, feet shoulder-width. Sit back and down until thighs are parallel. Chest up, heels down.

## **Alternating Lunges**

Step one leg forward, lower until both knees bend 90°. Push back, switch legs.

## **Arm Circles**

Arms out to sides, make small circles forward/backward to warm shoulders.

## **Arm Swings (Across)**

Swing arms across chest and open wide to stretch shoulders.

## **Athletic Skater Hop**

Hop side-to-side, landing softly on one foot. Swing arms for balance.

## **Backpack Row**

Hold weighted backpack, hinge at hips, pull toward ribs, squeeze shoulder blades.

## **Bear Crawl Hold**

On hands and toes, knees an inch off floor, back flat. Hold steady.

## **Bed Stretches**

Gentle stretches done on bed: knee hug, supine twist, cat-cow.

## **Bird Dog**

On hands and knees, extend opposite arm and leg, keep core tight. Switch sides.

## **Box Breathing**

Inhale 4 sec, hold 4 sec, exhale 4 sec, hold 4 sec. Repeat for calm.

## **Broad Jump**

Swing arms back, jump forward explosively, land softly.

## **Bulgarian Split Squat**

Back foot on chair, lower front knee to 90°. Drive up through front heel.

## **Burpee**

Squat down, hands to floor, jump feet back to plank, push-up optional, jump up.

## **Butt Kicks**

Jog in place, kick heels up to glutes, warm up hamstrings.

## **Calf Stretch (Wall)**

Hands on wall, step one foot back, press heel down until calf stretches.

## **Cat-Cow Stretch**

On hands and knees, inhale arch back (cow), exhale round spine (cat).

## **Chair Dips**

Hands on chair edge, legs straight or bent. Lower hips by bending elbows, push back up.

## **Child's Pose + Reach**

Sit back on heels, arms stretched forward on floor, reach longer for back stretch.

## **Cossack Squat**

Wide stance, shift weight to one leg, squat sideways while other leg stays straight.

### **Couch Stretch**

Kneel, back foot up on couch/wall, push hips forward to stretch quad/hip flexor.

### **Cross-Body Toe Tap**

Lift leg, reach opposite hand to foot, alternate sides.

### **Crunch**

Lie back, knees bent, lift shoulders toward ceiling, keep neck relaxed.

### **Dead Bug**

Lie back, arms up, knees bent 90°. Lower opposite arm and leg, keep core tight.

### **Deep Bodyweight Squat Hold**

Drop into squat, hold bottom position, chest up, heels grounded.

### **Fast-Feet Shuffle**

Quick small steps in place, light on feet, high turnover.

### **Figure-4 Stretch (Supine)**

Lie back, cross ankle over opposite knee, pull leg to chest.

### **Forearm Plank Hold**

Elbows under shoulders, body straight line, core tight, glutes engaged.

### **Glute Bridge**

Lie back, knees bent, lift hips, squeeze glutes at top, lower slowly.

### **Glute March (Bridge March)**

Hold bridge, lift one knee at a time toward chest, keep hips high.

### **Goblet Squat**

Hold weight at chest (or air squat). Sit back and down, chest up.

### **Hand-Release Push-Up**

Lower chest to floor, lift hands briefly, place back down, push up.

### **High Knee March**

March in place, lift knees high one at a time with control.

### **High Knees**

Run in place, lift knees to hip height quickly, pump arms.

### **Hip Circles**

Stand tall, hands on hips, draw big circles with hips both directions.

### **Hip Flexor Lean w/ Overhead Reach**

Kneel, push hips forward, reach arms overhead to stretch front hip.

### **Hollow Hold**

Lie back, lift shoulders and feet off floor, lower back pressed down, hold core tight.

### **Inchworm to Cobra**

Stand, fold forward, walk hands to plank, drop hips, lift chest, reverse back.

### **Inchworm with Shoulder Tap**

Walk to plank, tap opposite shoulders before walking hands back.

### **Incline Push-Up**

Hands on elevated surface, body straight, lower chest to edge, push back up.

### **Iron Cross Rotation**

Lie back, arms out. Lift leg across body, tap floor, stretch lower back.

### **Jump Lunge (Plyo Lunge)**

Start in lunge, jump up and switch legs mid-air, land softly.

### **Jump Squat**

Squat down, explode up into jump, land softly into squat again.

### **Jumping Jack**

Jump feet out, arms overhead; jump feet together, arms down.

### **Knee Hug**

Standing or lying, pull knee to chest, hold briefly, switch sides.

### **Lateral Lunge**

Step sideways, bend knee, other leg straight. Push back to start.

### **Lateral Shuffle**

Bend knees, shuffle side to side quickly, stay low.

### **Lateral Step + Reach**

Step sideways, reach arm overhead toward stepping leg.

### **Light Squat + Reach**

Squat down slightly, stand up reaching arms overhead.

### **March with Arm Swings**

March in place, swing arms naturally forward/backward.

### **Mobility Flow**

Series of dynamic stretches: World's Greatest, squats, lunges, circles, etc.

### **Mountain Climbers**

In plank, drive knees toward chest quickly (fast or slow version).

### **Plank Hold**

Forearms or hands on floor, body straight, brace core.

### **Plank Pull / Reach-Out**

Hold plank, reach one arm forward, switch sides, control hips.

### **Plank Shoulder Tap**

From plank, lift one hand to opposite shoulder, switch sides.

### **Push-Up**

Hands under shoulders, body straight, lower chest to floor, push up.

### **Push-Up to Down Dog**

Push-up, then lift hips up and back to stretch shoulders/hamstrings.

### **Push-Up to Knee Drive**

Push-up, then drive knee toward elbow while staying in plank.

### **Quad Pull (Standing)**

Stand tall, grab ankle behind you, pull heel to glute, keep knees close.

### **Quad Stretch (Standing)**

Same as quad pull: stand, grab ankle, pull heel to glute, maintain balance.

### **Renegade Row**

In plank, pull dumbbell or hand to ribs, switch sides, keep hips stable.

### **Reverse Lunge**

Step back, lower until both knees bend 90°, push back to start.

### **Scorpion (Prone Rotation)**

Lie face down, arms out, lift leg, reach across back, tap floor opposite side.

### **Seated Hamstring Reach**

Sit tall, legs straight, reach hands toward toes.

### **Shoulder Blade Wall Slide**

Back to wall, elbows bent. Slide arms up overhead, keep back flat.

### **Shoulder Rolls (Fwd/Back)**

Roll shoulders forward in circles, then backward to loosen tension.

### **Side Plank Hold**

Lie on side, prop on elbow or hand, lift hips in straight line, hold.

### **Sit-Through**

From bear crawl, rotate leg under body, switch sides, keep core tight.

### **Sit-Up**

Lie back, bend knees, lift chest to knees, control down.

### **Slow Squat (Tempo Squat)**

Lower squat slowly, pause at bottom, stand up with control.

### **Spider Lunge + Rotation**

Lunge forward, hands inside front foot, twist torso, reach arm up.

### **Squat to Calf Raise**

Squat down, stand up, rise onto toes at top for calf activation.

### **Standing Hamstring Sweep**

Kick straight leg forward, sweep hands toward foot gently.

### **Standing Hip Circles**

Stand tall, make big slow circles with hips both directions.

### **Standing Hip Openers**

Lift knee, circle it out to open hip, switch sides.

### **Standing Lateral Flexion**

Stand, reach one arm overhead, bend sideways gently, stretch side body.

### **Supine Figure-4 Stretch**

Lie back, cross ankle over knee, pull opposite leg toward chest.

### **Supine Twist**

Lie back, bend knee, cross it over body, keep shoulders flat.

### **Tempo Air Squat**

Squat down slowly (3-sec lower), pause, stand up smoothly.

### **Tempo Push-Up**

Lower chest slowly (3-sec down), pause, push back up with control.

### **Thoracic Wall Slide**

Stand back to wall, elbows bent, slide arms up keeping back flat.

### **Toe Touch (Standing)**

Stand tall, bend forward from hips, reach toward toes.

**Toy Soldier**

March, kick straight leg up, reach opposite hand to toe.

**Treadmill Power Walk**

Walk briskly on treadmill with incline, maintain steady pace, focus on form.

**Tuck Jump**

Jump up, pull knees to chest, land softly, reset balance.

**V-Up**

Lie back, lift legs and torso, reach hands toward feet simultaneously.

**Walking Lunge**

Step forward into lunge, bring back leg through to next step, repeat.

**Wall Calf Stretch**

Hands on wall, step back one foot, press heel down until calf stretches.

**Wall Sit (Static)**

Back flat against wall, knees bent at 90°, hold position.

**World's Greatest Stretch**

Lunge forward, hands inside front foot, drop elbow to floor, twist torso, reach arm up.