

**HUMAN MOVEMENT**  
**FITNESS SUMMIT 2009**  
*Daniel Doiron*

**Squat Family**

Front Squat  
Squat Jump

Back Squat  
Knee Tuck Jump

Split Squat  
Long Jump

**Lifting Family**

Deadlift

Roman Deadlift

Sumo Deadlift

**Overhead Family**

Press  
Overhead Med-ball Pass

Squat  
Pressing Med-ball Toss

Lunge

**Pressing Family**

Push-up

Bench Press

Slapping Push-up

**Pulling Family**

Body Row  
Lateral Row

Pull-up  
Upright Row

Bent Row  
Slapping Body Row