The Electric Life
Movement Method™ Masterbook

A Nervous System–Based Guide
to Strength, Stability, and Lifelong Movement

At Electric Life Chiropractic in Indianapolis, we view movement as one of the most powerful ways to support health, resilience, and longevity.

The human body is designed to move — not just during workouts, but throughout everyday life.

Whether it's walking along the Canal downtown, riding bikes with kids on the Monon Trail, lifting groceries from the Broad Ripple Farmers Market, or staying strong and independent as we age, movement patterns shape how we experience daily life.

The **Electric Life Movement Method™** organizes human movement into:

- **10 Primary Movement Patterns**
- **3 Movement Control Layers**
- **Breathing and Nervous System Regulation**

Together these create a practical framework for improving strength, reducing pain, enhancing athletic performance, and supporting long-term movement health.

The **Electric Life Movement Method™** organizes movement around **how the human body is designed to function**.

This system is built on three layers:

Primary Movement Patterns
How the body produces force and moves through space.

Movement Control Layers
The neurological qualities that determine how well those patterns function.

Breathing and Nervous System Regulation
The foundation that coordinates movement, posture, and recovery.

Together, these elements create a framework that supports:

- strength

- resilience
- coordination
- injury prevention
- long-term movement health

Why Movement Matters in Everyday Life

Movement isn't just about workouts or sports.

It is about how your body functions throughout your day.

In Indianapolis, that might look like:

• riding bikes with your kids along the Monon Trail
• carrying groceries from the Broad Ripple Farmers Market
• climbing stairs in downtown buildings
• walking the Canal or White River trails
• lifting a child or grandchild
• staying strong and independent as you age

When the body moves well, these activities feel natural.

When movement patterns break down, even simple tasks can become uncomfortable or exhausting.

The goal of the Electric Life Movement Method™ is simple:

Help people move better so they can live better.

The Structure of the Electric Life Movement Method™

10 Primary Movement Patterns

1. Squat

2. Hinge
3. Lunge
4. Push
5. Pull
6. Carry
7. Rotation / Anti-Rotation
8. Crawl / Ground-Based Locomotion
9. Gait / Upright Locomotion
10. Jump / Land (Power & Deceleration)

Movement Control Layers

11. Stability
12. Mobility (including flexibility)
13. Coordination / Motor Control

Foundational Layer

Breathing + Nervous System Regulation

Exercise Difficulty Ranking System

Each exercise is organized by difficulty level.

Level 1 – Foundational
Beginner friendly. Focus on control and awareness.

Level 2 – Intermediate
Moderate loading and coordination.

Level 3 – Advanced
Greater strength, coordination, and athletic demands.

Programming Through the Framework

Foundational Phase

Rebuild pattern awareness and control.

Slow tempo. Stable surfaces. Breath integration. Crawling and carries emphasized.

Capacity Phase

Progress load and introduce dynamic stability.

Unilateral work, anti-rotation, controlled gait variations.

Performance Phase

Introduce speed, power, and rate of force development.

Plane transitions. Reactive balance. Rotational power.

Every phase still respects the 10 patterns and 3 control layers.

Why This Is Different

This is not random exercise selection.

It is not trend-based programming.

It is a nervous system-informed movement framework designed to:

Restore pattern integrity
Build load tolerance
Improve coordination
Enhance longevity
Support real-world movement

Whether you are:

- A busy professional in Indianapolis

- A parent rebuilding strength
- A competitive athlete
- Or someone recovering from injury

The Electric Life Movement Method™ meets you where you are and progresses you intentionally.

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1. Squat Patterns

The Foundation of Lower Body Strength

Philosophy (Why This Matters)

The squat is one of the most fundamental human movement patterns. It teaches the body how to bend at the hips and knees simultaneously while maintaining stability through the spine and trunk.

From sitting down and standing up to climbing stairs or lifting objects, squat mechanics appear in daily life. Developing strong squat patterns allows the body to distribute force through the hips, knees, and ankles efficiently.

When squat mechanics break down, compensations often appear in the knees or lower back. Over time these compensations may contribute to discomfort or reduced movement capacity.

Training squat patterns helps improve joint resilience, coordination, and strength that directly transfers to real-world movement.

Clinical Considerations

• Limited ankle mobility may restrict squat depth
• Hip mobility influences pelvic control and knee tracking
• Rib positioning and breathing affect trunk stability

Real-Life Applications

• standing from chairs or couches
• lifting children or grandchildren
• climbing stairs in downtown Indianapolis buildings
• gardening or working in the yard

Exercise Progression

Level 1 – Foundational

Chair Squat — Reinforces safe sitting and standing mechanics.

Sit-to-Stand — Builds foundational leg strength and coordination.

Wall Squat — Supports posture while teaching upright alignment.

Goblet Box Squat — Encourages controlled squat depth with core engagement.

Level 2 – Intermediate

Goblet Squat — Builds lower body strength while reinforcing posture.

Front Squat — Promotes upright torso position and trunk stability.

Kettlebell Squat — Introduces moderate loading with controlled movement.

Tempo Squat — Slows the descent to improve movement awareness.

Level 3 – Advanced

Back Squat — Develops maximal lower-body strength.

Zercher Squat — Challenges core stability and anterior chain strength.

Overhead Squat — Requires high levels of mobility and coordination.

Jump Squat — Builds explosive power and force production.

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2. Hinge Patterns

Protecting the Spine and Developing Posterior Chain Strength

Philosophy

The hinge pattern teaches the body to bend at the hips while maintaining a stable spine. This movement is essential for lifting objects safely and developing strength in the glutes and hamstrings.

Proper hinge mechanics allow the hips to absorb load instead of the spine. When the hinge pattern is poorly developed, people often substitute spinal bending for hip motion.

Strengthening hinge mechanics improves lifting ability, posture, and spinal resilience.

Clinical Considerations

• Hip mobility restrictions may cause spinal compensation
• Weak glutes or hamstrings increase strain on the lower back
• Breathing mechanics influence intra-abdominal pressure

Real-Life Applications

• lifting boxes or groceries
• picking objects up from the floor
• loading sports equipment or luggage

Exercise Progression

Level 1

Hip Hinge Drill — Teaches proper hip movement without spinal flexion.

Glute Bridge — Activates glutes while reinforcing hip extension.

Wall Hinge — Builds awareness of hip movement mechanics.

Level 2

Romanian Deadlift — Strengthens hamstrings while maintaining spinal control.

Kettlebell Deadlift — Introduces moderate loading with good mechanics.

Hip Thrust — Develops powerful hip extension strength.

Level 3

Trap Bar Deadlift — Allows heavy loading while protecting the spine.

Kettlebell Swing — Trains explosive hip power.

Power Clean — Integrates speed and coordination with hinge mechanics.

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3. Lunge Patterns

Unilateral Strength and Balance

Philosophy

Lunging patterns develop strength on one leg at a time while challenging stability and coordination.

Because most real-world movement occurs in alternating steps, lunges improve functional movement capacity and reduce left-to-right strength imbalances.

Clinical Considerations

- Weak hip stabilizers may allow knee collapse
- Ankle mobility affects stride length
- Pelvic control supports alignment

Real-Life Applications

- climbing stairs
- stepping onto curbs downtown
- walking uphill on trails

Exercise Progression

Level 1

Split Squat — Builds foundational unilateral strength.

Supported Reverse Lunge — Reinforces alignment with reduced balance demands.

Step-Up — Develops strength for stair climbing.

Level 2

Reverse Lunge — Builds coordination and hip control.

Walking Lunge — Trains continuous stepping strength.

Step-Up with Knee Drive — Improves balance and hip activation.

Level 3

Bulgarian Split Squat — Challenges single-leg strength.

Lateral Lunge — Improves side-to-side mobility and strength.

Jump Lunge — Develops power and coordination.

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4. PUSH PATTERNS

Upper Body Force Production and Shoulder Stability

Philosophy (Why This Matters)

Push patterns train the body to generate force away from itself while maintaining stability through the shoulders, rib cage, and spine. These movements are essential not only for upper-body strength but also for coordinating how the arms connect to the trunk.

In modern life, many people develop poor pushing mechanics due to prolonged sitting, forward head posture, and limited thoracic mobility. This often leads to compensation patterns such as rib flare, shoulder elevation, and neck tension.

When push mechanics are well-developed, the body can produce force efficiently while maintaining alignment and control. This reduces unnecessary stress on the shoulders and spine while improving overall strength and coordination.

Clinical Considerations

- Limited thoracic mobility may restrict overhead pressing
- Poor rib positioning can lead to excessive lumbar extension
- Weak scapular control may increase shoulder irritation

Real-Life Applications

Strong push patterns support:

- pushing open heavy doors around downtown Indy
- getting up from the ground or floor
- pushing strollers through parks or trails
- moving furniture or household items

Exercise Progression

Level 1 – Foundational

Wall Push-Up — Introduces pressing mechanics with minimal load.

Incline Push-Up — Builds strength while reducing bodyweight demand.

Resistance Band Press — Allows controlled pressing with adjustable resistance.

Level 2 – Intermediate

Push-Up — Develops full-body pressing strength and trunk stability.

Dumbbell Bench Press — Builds strength with greater shoulder freedom.

Landmine Press — Provides a shoulder-friendly pressing angle.

Incline Dumbbell Press — Targets upper chest with improved control.

Level 3 – Advanced

Barbell Bench Press — Allows heavier loading and strength development.

Overhead Press — Builds vertical pressing strength and full-body stability.

Weighted Push-Up — Increases intensity while maintaining control.

Dips — Develop advanced shoulder strength and control.

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5. PULL PATTERNS

Postural Strength and Shoulder Health

Philosophy (Why This Matters)

Pull patterns develop the muscles of the upper back and shoulders, which play a critical role in posture, stability, and movement efficiency. These movements help counteract the effects of prolonged sitting and forward positioning common in modern life.

Strong pulling mechanics improve scapular control, which is essential for shoulder health. Without adequate pulling strength, the body may rely too heavily on the neck and upper traps, leading to tension and discomfort.

Training pull patterns helps restore balance between the front and back of the body, improving posture and reducing strain on the shoulders and spine.

Clinical Considerations

- Weak upper-back muscles contribute to poor posture
- Limited shoulder mobility may alter pulling mechanics
- Grip strength may limit pulling capacity

Real-Life Applications

Pull strength helps with:

- pulling open doors or equipment
- lifting objects toward the body
- climbing or recreational activities
- maintaining upright posture during long workdays

Exercise Progression

Level 1

Band Row — Teaches basic pulling mechanics and scapular control.

Suspension Row — Uses bodyweight to develop pulling strength.

Seated Cable Row — Reinforces posture while strengthening the back.

Level 2

Single Arm Dumbbell Row — Builds unilateral strength and coordination.

Lat Pulldown — Develops vertical pulling strength.

Bent-Over Row — Strengthens the mid-back and posterior chain.

Level 3

Pull-Up — Builds advanced upper-body strength.

Chin-Up — Adds greater arm involvement.

Weighted Pull-Up — Develops maximal pulling strength.

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6. CARRY PATTERNS

Real-World Strength and Integrated Stability

Philosophy (Why This Matters)

Carry patterns train the body to maintain posture and stability while moving under load. Unlike many traditional exercises performed in fixed positions, carries integrate movement, coordination, and strength simultaneously.

These movements closely resemble real-life tasks and challenge the body's ability to stabilize the spine, shoulders, and hips while walking.

Strong carry mechanics improve endurance, grip strength, and full-body coordination.

Clinical Considerations

- Poor trunk stability may lead to side bending or compensation
- Shoulder stability is critical for overhead variations
- Grip strength may limit performance

Real-Life Applications

Carries support:

- carrying groceries from the car
- holding children while walking
- transporting luggage during travel
- maintaining posture during long walks in Indy

Exercise Progression

Level 1

Farmer Carry — Builds grip strength and trunk stability.

Suitcase Carry — Challenges lateral core stability.

Front Carry — Reinforces upright posture and core engagement.

Level 2

Double Kettlebell Carry — Increases load and coordination demand.

Front Rack Carry — Builds trunk stability under load.

Sandbag Carry — Introduces uneven loading challenges.

Level 3

Overhead Carry — Challenges shoulder and trunk stability.

Single Arm Overhead Carry — Adds asymmetrical loading demand.

Heavy Farmer Carry — Develops maximal strength and endurance.

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7. ROTATION / ANTI-ROTATION

Controlling Force Through the Spine

Philosophy (Why This Matters)

Rotation and anti-rotation are essential for transferring force between the upper and lower body. Nearly every athletic and daily movement involves some level of rotational control.

The body must be able to both create and resist rotation. Without this balance, excessive stress may be placed on the spine, particularly the lower back.

Training rotational patterns improves coordination, spinal health, and athletic performance.

Clinical Considerations

- Limited thoracic mobility may shift stress to the lumbar spine
- Weak core stability reduces anti-rotation control
- Poor coordination may affect force transfer

Real-Life Applications

Rotation supports:

• turning and reaching movements
• swinging sports (golf, baseball)
• daily tasks like twisting and lifting

Exercise Progression

Level 1

Pallof Press — Builds anti-rotation stability.

Dead Bug — Trains trunk control during limb movement.

Bird Dog — Reinforces cross-body coordination.

Level 2

Cable Chop — Develops controlled rotational strength.

Cable Lift — Integrates hips and torso.

Side Plank Reach — Challenges anti-rotation stability.

Level 3

Medicine Ball Rotational Throw — Develops explosive rotational power.

Rotational Slam — Trains forceful rotational movement.

Landmine Rotation — Strengthens controlled rotation.

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8. CRAWLING / GROUND-BASED PATTERNS

Philosophy (Why This Matters)

Crawling and ground-based movements train the nervous system to coordinate the shoulders, hips, spine, and core through cross-body motion, supporting full-body stability and movement confidence.

Clinical Considerations

- Modify load or lever length for wrist, shoulder, or post-surgical limitations

- Emphasize slow tempo and breathing for neurological sensitivity or balance concerns
- Maintain neutral spine for low-back or postpartum patients

Exercises

- Quadruped Rocking — Restores joint awareness and spinal control.
- Bear Crawl — Builds full-body coordination and core stability.
- Leopard Crawl — Emphasizes contralateral control near the ground.
- All-Fours Arm or Leg Lifts — Trains cross-body stability.
- Crawling Holds — Reinforces bracing and breath control.
- Lateral Bear Crawl — Challenges frontal-plane stability.
- Crab Walks — Develops posterior chain and shoulder strength.
- Floor-to-Stand Transitions — Integrates ground movement into daily life.

9. GAIT / UPRIGHT LOCOMOTION

Philosophy (Why This Matters)

Gait is the most fundamental movement pattern humans perform. Walking and running require coordination between the feet, hips, spine, and arms.

Small inefficiencies in gait mechanics can accumulate over thousands of steps each day, contributing to fatigue or discomfort.

Improving gait enhances overall movement efficiency and endurance.

Clinical Considerations

• Limited ankle mobility may shorten stride
• Weak hip stabilizers affect pelvic control
• Poor arm swing reduces coordination

Real-Life Applications

• walking along the Canal
• hiking local trails
• daily commuting
• recreational running

Exercise Progression

Level 1

Marching Drill — Reinforces stepping coordination.

Heel-to-Toe Walk — Improves balance and control.

Level 2

Loaded Walk — Builds endurance and posture.

Sled Push — Strengthens gait mechanics under load.

Level 3

Sprint Mechanics — Improves speed and efficiency.

Bounding — Develops elastic power.

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10. JUMP / LAND

Power and Deceleration

Philosophy (Why This Matters)

Jumping and landing train the body to produce and absorb force quickly. These movements are critical for athletic performance and injury prevention.

Landing mechanics are especially important because they teach the body how to decelerate safely.

Clinical Considerations

- Adequate strength should precede plyometric training
- Proper alignment reduces joint stress
- Volume and intensity should be progressed gradually

Real-Life Applications

- sports and recreational activity
- quick changes in direction
- reacting to slips or trips

Exercise Progression

Level 1

Jump Rope — Builds rhythm and coordination.

Mini Hops — Teaches controlled force absorption.

Level 2

Box Jump — Develops explosive power.

Broad Jump — Builds horizontal force production.

Level 3

Depth Jump — Trains rapid deceleration.

Single-Leg Hop — Develops unilateral power.

MOVEMENT CONTROL LAYERS

The Neurological Qualities That Support Movement

While the primary movement patterns describe **how the body moves**, the movement control layers determine **how well those movements function**.

These layers influence movement efficiency, joint stability, injury resilience, and coordination.

When these layers are well developed, movement patterns become stronger, more controlled, and more adaptable.

11. STABILITY (Core and Trunk control)

Controlling Joints and Posture Under Load

Philosophy (Why This Matters)

Stability refers to the body's ability to control joints and maintain alignment during movement or when exposed to external forces.Strong stability allows the body to produce force efficiently while protecting the joints and spine.

Clinical Considerations

- Core stability plays a critical role in protecting the spine during lifting and athletic movement
- Hip stability helps control knee alignment and pelvic positioning

- Shoulder stability supports safe loading of the upper body during pushing and pulling

Core Control and Trunk Stability

Core control refers to the body's ability to stabilize the spine and trunk while allowing movement of the arms and legs.

Rather than isolating the abdominal muscles, true core function involves coordinated activation of the diaphragm, abdominal wall, spinal stabilizers, and pelvic floor.

This system works together to:

• protect the spine during movement
• transfer force between the upper and lower body
• maintain posture and alignment
• support efficient breathing mechanics

Exercise Progression

Level 1 – Foundational

- Plank (Progressions) — Global trunk stiffness.
- Dead Bug — Controlled limb movement with spinal neutrality.
- Bird Dog — Cross-body coordination.
- Hollow Hold — Posterior-chain integration.
- Hanging Knee Raises — Hip and trunk coordination.
- 90/90 Breathing — Pelvic and rib alignment.

These exercises teach the body to maintain stable positions while coordinating breathing and core engagement.

Level 2 – Intermediate

Single-Leg Balance Hold
Pallof Press Hold
Single-Leg Romanian Deadlift Hold
Half-Kneeling Stability Hold

These exercises introduce asymmetry and require greater neuromuscular control.

Level 3 – Advanced

Single-Leg Squat
Turkish Get-Up

Overhead Carry
Dynamic Stability Drills

These movements challenge stability under load and during complex movement patterns.

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12. MOBILITY (INCLUDING FLEXIBILITY)

Creating Usable Range of Motion

Philosophy (Why This Matters)

Mobility refers to the ability to actively control a joint through its full range of motion.

Flexibility contributes to mobility by allowing tissues to lengthen, but true mobility requires strength and coordination within that range.

In other words:

Flexibility allows a joint to move further.
Mobility allows the body to **control that movement safely**.

Healthy mobility supports efficient movement patterns and reduces compensations across the body.

Clinical Considerations

- Limited ankle mobility can alter squat and gait mechanics
- Restricted hip mobility may increase stress on the lower back
- Thoracic spine mobility is essential for healthy shoulder movement

Exercise Progression

Level 1 – Foundational

Cat-Cow Mobility
Deep Squat Hold
90/90 Hip Mobility
Thoracic Rotation

These exercises restore basic movement range and joint awareness.

Level 2 – Intermediate

Hip CARs (Controlled Articular Rotations)
Thoracic Extension Drills
Dynamic Lunge Mobility
Hamstring Mobility Drills

These drills introduce controlled motion through larger ranges.

Level 3 – Advanced

Loaded Mobility Drills
Deep Goblet Squat Holds
Jefferson Curl
Cossack Squat

These movements integrate mobility with strength and control.

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13. COORDINATION / MOTOR CONTROL

Organizing Movement Through the Nervous System

Philosophy (Why This Matters)

Coordination represents the nervous system's ability to organize, sequence, and time movement efficiently.

Strong muscles alone do not guarantee efficient movement. The brain must coordinate multiple muscle groups simultaneously while adapting to changes in speed, direction, and environment.

When coordination improves, movements become smoother, more efficient, and less energy demanding.

Coordination training is particularly important for athletic performance, rehabilitation, and long-term movement health.

Clinical Considerations

- Cross-body coordination supports efficient walking and running mechanics
- Neurological fatigue may temporarily reduce coordination quality
- Reaction and timing drills improve nervous system responsiveness

Exercise Progression

Level 1 – Foundational

Cross-Crawl March
Dead Bug Variations
Heel-to-Toe Walking
Basic Ladder Drills

These exercises develop basic movement sequencing and awareness.

Level 2 – Intermediate

Agility Ladder Patterns
Cross-Body Medicine Ball Toss
Reaction Ball Drills
Carioca Steps

These drills challenge coordination and rhythm during movement.

Level 3 – Advanced

Change-of-Direction Drills
Multi-Directional Agility
Reactive Sprint Drills
Sport-Specific Coordination Work

These exercises develop rapid decision-making and motor control.

FOUNDATION LAYER

BREATHING AND NERVOUS SYSTEM REGULATION

Philosophy (Why This Matters)

Breathing is the foundation of movement and nervous system regulation.

Every breath influences posture, spinal stability, and muscle activation throughout the body.

The diaphragm, rib cage, abdominal muscles, and pelvic floor work together to create intra-abdominal pressure, which stabilizes the spine and supports efficient movement.

Breathing also influences the autonomic nervous system, which regulates stress, recovery, and overall physiological balance.

Healthy breathing patterns support both mechanical stability and nervous system regulation.

Clinical Considerations

- Rib cage positioning affects shoulder and spinal mechanics
- Shallow chest breathing can contribute to neck tension and poor posture
- Controlled breathing can support recovery and nervous system regulation

Exercise Progression

Level 1 – Foundational

Supine Diaphragmatic Breathing
90/90 Breathing Drill
Crocodile Breathing

These exercises help individuals reconnect with diaphragmatic breathing mechanics.

Level 2 – Intermediate

Breathing with Core Bracing
Quadruped Breathing
Breathing During Loaded Carries

These drills integrate breathing into movement.

Level 3 – Advanced

Breath Control During Heavy Lifts
Nasal Breathing During Conditioning
Breathing Under Athletic Stress

These exercises develop breathing control during demanding movement tasks.

Final Thought

Live Electric.

Clinical Integration at Electric Life Chiropractic

As a nervous-system-focused chiropractic office in Indianapolis, this framework guides:

- Assessment
- Rehabilitation
- Performance progression
- Longevity planning

Instead of asking only “Where does it hurt?” we ask:

Which pattern breaks down?
Which control layer is missing?
Is breathing reinforcing compensation?

Adjustments restore joint motion and improve afferent input.
Movement retrains pattern efficiency.
Breathing regulates the system.

Together, they create durable change.

Closing Vision

Move Better. Live Electric.

The human body is designed to move.

Strength, mobility, coordination, and stability are not just athletic qualities — they are qualities of a healthy life.

When movement improves:

• daily tasks become easier
• injuries become less likely
• athletic performance improves
• confidence in the body grows

The Electric Life Movement Method™ is designed to help people reconnect with their body’s natural ability to move, adapt, and thrive.

Because when movement improves, life expands.