

Movement Index Module 2: Lower Body

Movement	Timestamp
LESSON 1: BUILDING STRENGTH	
Structural imbalances explained (isolate, activate, integrate)	0:25
How movement impacts the nervous system (progressive loading + tissue adaptation)	3:12
S.A.I.D Principle (Specific Adaptation to Impose Demand)	5:20
Passive ROM vs. Active ROM	7:35
Mobility defined	8:14
Mobile squat	8:25
Side angle pose (passive vs. active)	8:58
LESSON 2: FORWARD BENDS	
Engaging the hamstrings	2:00
Isometric contraction of the hamstrings	2:20
Eccentric and concentric contraction of hamstrings using sliders	4:15
Isometric contraction in prone	6:32
Prone leg lifts + leg curls	7:13
Nordic hamstring curl	10:08
Nordic hamstring curls with variation in leg positioning	12:45

Single leg good morning	15:19
Forward bend	17:39
Wide-legged forward bend	18:41
Single leg deadlift	19:55
Half moon pose	21:53
Bodyweight squat	22:58
High lunge	24:38
Warrior 2	25:24
LESSON 3: HIP EXTERNAL ROTATION	
The Deep Six muscles introduced	2:07
"Music box" rotations	3:24
Squat mobility sequence	4:30
- External rotation	5:25
- Internal rotation	6:35
- Spinal rotation	
Activating the squat	7:40
Active frog pose	8:20
90/90 Mobility routine	10:25
- External rotation of leading leg	11:05
- External rotation of trailing leg	12:00
- Internal rotation of trailing leg	12:38
90/90 switches via bear-sit	13:30
Trailing leg lift-offs (abduction)	14:00
90/90 Switches via boat pose	14:27

Triangle pose	14:58
Side angle pose	16:32
Half moon pose	17:27
Standing hand-to-toe/knee pose	18:32
Active tree pose	19:30
Figure 4 pose with hip hinge	19:53
LESSON 4: SINGLE LEG STRENGTH	
Big toe extension	0:22
Active heel raises	1:57
Active heel raises on block (active ankle dorsiflexion)	3:03
Single leg step-up	4:05
Modified Peterson step-up	5:47
Single leg loaded knee circles	7:00
Hip lifts	8:00
Side-lying leg lifts (glute medius reinforcement)	8:59
Split squats	11:31
Rock-the-clock	13:15
Block drop	15:12
Single leg tornado	17:10
Proprioception defined	18:44

Hip proprioception	19:24
Module 2 assessment explained	22:57