



# MOVNAT

## RECONNECT TO YOUR TRUE NATURE

In the last issue we introduced you to the “Zoo-human predicament” which is the physical and mental suffering from an unnatural lifestyle. Now we want to help you start or better reconnect to your true nature. Our true nature is to be strong, healthy, happy and free. Moving naturally ala MovNat is a powerful way to get there!

Most of the modern fitness industry is largely focused on body shape or general conditioning, relying on conventional muscle isolation drills to “tone” muscles and doing “cardio” to burn calories in a - widely failed - attempt to reach those cosmetic goals. Everything is reduced to simplistic, mechanical, repetitive processes devoid of real practicality. Exercising feels like a chore or worse, like a punishment. It is evidently hard to commit to something that presents such a disconnect from real-life.

So what sets the MovNat program apart from others? Simple. We train for real-life and moving naturally is the conditioning. With MovNat, you learn to move with ease, control, power and grace, becoming fit in the process.

Moving naturally means moving the way the human animal moves in nature. It entails highly practical and adaptive physical performance. Practical because movements must be useful in a primary manner to survival ability. Adaptive because movement patterns and efforts must match environmental or situational demands, which require the full range of physical qualities such as balance, flexibility, coordination, agility etc.

Contrary to the appearances, moving naturally is not just a physical matter relying solely upon raw strength. It also, and most importantly, fully engages the mind. Indeed, the necessity to constantly adapt the way you move to multiple environmental parameters demands you to be so mindful that you become entirely immersed in the here and now. This is the beauty of it!

By following MovNat training principles, you will reawaken the connection between your mind, your body and the environment by practicing movement aptitudes which have allowed human beings to survive in the wild and become the most successful species on Earth.

Mindful practice is essential to movement efficiency and improvement. It is true that when it comes to moving naturally, nobody ever starts from scratch, but there is a difference between an ability that is purely instinctual and a fully mastered skill. For instance, somebody may jump very awkwardly (and unsafely) and though the aptitude is natural, efficiency is missing.

The MovNat methodology emphasizes technical proficiency and injury-prevention by providing full scalability and ensures progressiveness and safety. MovNat is about nurturing our nature and about re-acquiring what is innate within ourselves.

Because the movement aptitudes we train stem from evolution and are universal, the practice of MovNat becomes more than just something you do, it is an expression of who you are.

The following workout is presented to you by MovNat Instructor Clifton Harski. It is designed to be very simple and accessible to all. Enjoy!

**Erwan Le Corre**  
*Founder of MovNat*

### Movement Prep (“warm-up”) and Technical training

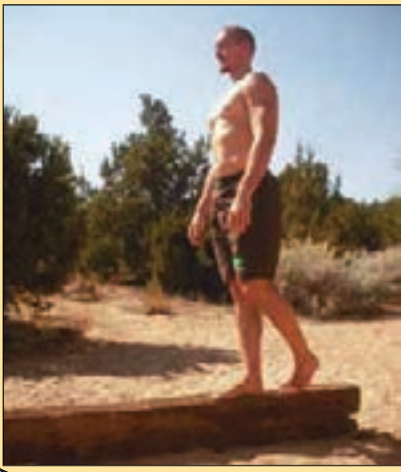
Start by practicing these movements separately. Your goal at this stage is to mindfully improve your movement control, while gradually preparing your body for the upcoming work out. You may take short breaks between each repetition if needed, in order to better focus on the technique and optimize it.



### Crawling

Maintain a straight spine, keep your hips leveled with your back (no sagging or hiking up), keep your arms straight, bring your knee forward to the outside of your arm, keep looking ahead. Release all unnecessary tension to keep your movement fluid and efficient.

**Context:** Imagine you are actually crawling underneath some low branches with thorns.



### Balancing

Find a stable and relatively narrow surface. As you walk across, maintain a straight spinal posture, as well as a good joint alignment of the lower limbs, from feet to hips. Keep your arms down and relaxed and your gaze forward. Breathing calmly yet deeply helps relax the body

**Context:** Imagine that you're crossing a fast moving river, and ensure that you do not rush and fall.

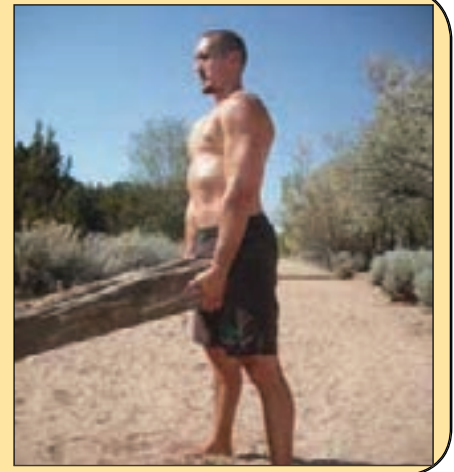


### Lifting

Find any object that is relatively heavy but not too much.

Start by pushing your hips back and keep a good lumbar curve and straight spine as you lower your upper body to reach and grab the object between your feet. Once your grip is secure, press with your legs until the object clears your knees at which point you extend your hips forward to meet the object and end in the hang position. Make sure you maintain lumbar curve and keep your arms relaxed throughout the entire movement.

**Context:** you have to lift something heavy off the ground to liberate what was stuck underneath.



### Jumping

Bend your knees, push your rear back and let your upper body lean forward while maintaining a straight spinal posture. Pull your arms behind you, ready to swing forward. Swing your arms swiftly forward as you push on your legs and fully extend them to jump.

After the take-off, pull your heels up underneath your glutes to help bring your knees up and your legs forward more dynamically. At around mid-distance, your feet should be down underneath your body, and your arms down.

Land on the balls of the feet first, then your heels come down allowing you to sit back into and absorb the landing. As you land swing your arms forward as a counter balance to help stabilize your body.

**Context:** Imagine you have to jump over a deep gap in the mountain and stabilize yourself on the other side.

### Combo Training

The combo is a staple of MovNat training. It is a short circuit made up of a combination of a few pre-selected movements or techniques that are following a predefined sequence and must be performed several times in a row and continuously. It allows you to condition through the mindful practice of movement skills and target specific physical qualities and learn to effortlessly transition between different movement patterns and efforts.

- Start by crawling forward over 10 yards until you reach the surface you will balance on.
- Balance across a distance of 10-20 feet, depending on how challenging the surface is or the environment available.
- Reach the object you want to lift. Lift 5 to 10 times, depending on how heavy it is.
- Step aside and jump back and forth 4 times. Ensure perfect stabilization at the end of each jump before you jump again.
- Jog back to the starting point and repeat 8 times.

**Reminders:** Focus on proper form, posture, ample breathing and relaxedness. Build up speed or difficulty only on that basis. Don't rush and compromise technical efficiency. Feel free to scale the combo up or down in order to better fit your current possibilities or limitations.