

Life Abilities

Ageing value	Life ability	Why you'll need it	Suggested movements: easy → very challenging	Muscles involved	Strength	Muscle gain
Very high	1. Get out of a low chair/toilet easily	Fundamental independence ability	Chair stand → squat → deep squat → split squat → assisted pistol → pistol → loaded pistol	Quads ★★★★★ · Glutes ★★★★★ · Adductors ★★★★★ · Hamstrings ★★ · Calves ★★ · Core ★★	★ → ★★★★★	★ → ★★★★★
Very high	2. Get yourself off the floor	Essential after a fall and for normal floor-level activities	Hands-assisted rise → one hand → no hands → cross-legged rise → kneeling-to-stand → single-leg floor rise → loaded no-hands rise	Quads ★★★★★ · Glutes ★★★★★ · Adductors ★★★★★ · Core ★★★★★ · Hamstrings ★★ · Calves ★★	★ → ★★★★★	★ → ★★★★★
Very high	3. Walk for hours	Probably the most fundamental locomotion capacity	Walk → brisk walk → hills → long hike → loaded hike → technical/mountain hike	Calves ★★★★★ · Glutes ★★★★★ · Quads ★★★★★ · Hamstrings ★★★★★ · Hip flexors ★★★★★ · Foot/ankle ★★★★★	★ → ★★★★★	★ → ★★★★★
Very high	4. Walk up stairs without a railing	Requires considerably more single-leg reserve than walking	Step-up → high step-up → stairs 2-at-a-time → weighted step-up → weighted high step-up → stair bounding	Glutes ★★★★★ · Quads ★★★★★ · Calves ★★★★★ · Hamstrings ★★★★★ · Adductors ★★	★ → ★★★★★	★ → ★★★★★
Very high	5. Catch yourself when you trip	A major real-world use of strength, balance and reaction capacity	Recovery step → lateral recovery → step-and-stick → hop-and-stick → multidirectional hops → unpredictable reactive recovery	Glutes ★★★★★ · Quads ★★★★★ · Calves ★★★★★ · Hamstrings ★★★★★ · Glute medius ★★★★★ · Foot/ankle ★★★★★ · Adductors ★★★★★	★ → ★★★★★	★ → ★★★★★

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Very high	7. Stand on one leg while the other is busy	Dressing, stepping over objects, stairs, getting into a bath	Single-leg stand → free-leg reaches → multidirectional reaches → weighted reaches → loaded 360° balance → moving obstacle course	Glute medius ★★★★★ · Foot/ankle ★★★★★ · Glutes ★★★★★ · Calves ★★★★★ · Core ★★★★★ · Adductors ★★★ · Hamstrings ★★★	★ → ★★★★★	★ → ★★★
Very high	8. Pick something heavy up from the floor	Bags, boxes, furniture and dropped objects	Hip hinge → light RDL → loaded RDL → suitcase deadlift → single-leg RDL → heavy single-leg RDL	Hamstrings ★★★★★ · Glutes ★★★★★ · Erectors ★★★★★ · Adductors ★★★ · Grip ★★★ · Core ★★★	★ → ★★★★★	★ → ★★★★★
Very high	9. Carry heavy groceries/luggage	Extremely direct everyday independence	Farmer carry → heavier carry → stairs → uneven loads → very heavy carry → loaded obstacle course	Grip ★★★★★ · Traps ★★★★★ · Obliques ★★★★★ · Erectors ★★★★★ · Delts ★★★★★ · Glutes ★★★★★ · Calves ★★★★★ · Quads ★★	★★ → ★★★★★	★ → ★★★★★
Very high	10. Hold/open/carry things without weak hands	Bags, jars, tools, railings and catching yourself	Carry → heavy farmer carry → dead hang → towel hang → one-arm hang → one-arm towel hang	Finger flexors/grip ★★★★★ · Forearms ★★★★★ · Biceps ★★★★★ · Lats ★★★★★ · Shoulder stabilizers ★★★★★	★ → ★★★★★	★ → ★★★★★

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High	11. Carry something heavy with one hand without leaning	Real objects are frequently asymmetric	Suitcase hold → walk → heavy walk → turns → stairs → multidirectional heavy carry	Obliques ★★★★★ · QL ★★★★★ · Grip ★★★★★ · Erectors ★★★★★ · Glute medius ★★★★★ · Traps ★★★★★	★★ → ★★★★★	★ → ★★★★★
High	12. Reach overhead and carry something overhead	Clothes, cupboards, shelves and maintaining shoulder function	Reach → overhead hold → light carry → one-arm carry → heavy one-arm carry → Turkish get-up	Delts ★★★★★ · Traps ★★★★★ · Serratus ★★★★★ · Rotator cuff ★★★★★ · Triceps ★★★★★ · Core ★★★★★	★ → ★★★★★	★ → ★★★★★
High	13. Push something strongly overhead	Lifting objects onto shelves plus large vertical-pushing reserve	Light object press → heavier object press → one-arm press → pike push-up → elevated pike → wall handstand push-up → free handstand push-up	Delts ★★★★★ · Triceps ★★★★★ · Serratus ★★★★★ · Upper traps ★★★★★ · Rotator cuff ★★★★★ · Core ★★★★★	★ → ★★★★★	★ → ★★★★★
High	14. Push something heavy away from you	Doors, furniture and pushing yourself away/up	Incline push-up → push-up → deep push-up → dip → deep dip → weighted dip → advanced travelling push-ups	Triceps ★★★★★ · Chest ★★★★★ · Front delts ★★★★★ · Serratus ★★★★★ · Core ★★★★★	★ → ★★★★★	★★ → ★★★★★
High	15. Pull your body/object toward you	Objects, doors, climbing and recovering your body	Row → assisted pull-up → pull-up → chest-to-bar → archer → typewriter → one-arm pull-up → climbing	Lats ★★★★★ · Biceps ★★★★★ · Grip ★★★★★ · Rhomboids ★★★★★ · Mid/lower traps ★★★★★ · Rear delts ★★★★★ · Core ★★★★★	★ → ★★★★★	★★ → ★★★★★
High	16. Push yourself off the ground	Particularly valuable if you're on the floor	Incline push-up → push-up → deep push-up → archer → one-arm push-up → planche push-up progression	Chest ★★★★★ · Triceps ★★★★★ · Front delts ★★★★★ · Serratus ★★★★★ · Core ★★★★★	★ → ★★★★★	★★ → ★★★★★

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High	17. Push or pull heavy objects horizontally	Moving furniture and other awkward objects	Light object push/pull → heavier object → multidirectional → very heavy → heavy push/pull while changing position	Chest ★★★★★ · Triceps ★★★★★ · Front delts ★★★★★ · Lats ★★★★★ · Biceps ★★★★★ · Rear delts ★★★★★ · Traps/rhomboids ★★★★★ · Grip/core ★★★★★	★ → ★★★★★	★ → ★★★★★
High	18. Reach down and sideways	Cleaning, gardening and retrieving objects from awkward positions	Side reach → lateral lunge → deep lateral lunge → Cossack → loaded Cossack → Cossack-to-pistol	Adductors ★★★★★ · Quads ★★★★★ · Glutes ★★★★★ · Hamstrings ★★★ · Glute medius ★★★ · Calves ★★	★ → ★★★★★	★ → ★★★★★
High	19. Reach your feet comfortably	Shoes, socks and washing/drying your feet	Seated reach → standing reach → deep squat → single-leg hinge → foot-to-hand balance → flowing floor transitions	Hamstrings ★★★ · Adductors ★★★ · Glutes ★★★ · Hip flexors ★★★ · Core ★★★ · Calves ★★	★ → ★★★	★ → ★★
High	20. Turn around without turning your whole body	Looking/reaching behind yourself	Seated turn → standing turn → turn + reach → resistance rotation → loaded rotation → dynamic rotation	Obliques ★★★★★ · Multifidus/deep rotators ★★★★★ · Erectors ★★★ · Glutes ★★★ · Adductors ★★★	★ → ★★★★★	★ → ★★★
High	21. Move around comfortably on the ground	Getting underneath/around objects and maintaining whole-body coordination	Bear crawl → lateral → backward → low bear → lizard crawl → multidirectional crawling obstacle course	Shoulders ★★★★★ · Core ★★★★★ · Triceps ★★★★★ · Chest ★★★★★ · Serratus ★★★★★ · Hip flexors ★★★★★ · Quads/glutes ★★★	★★ → ★★★★★	★★ → ★★★★★

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Moderate	22. Move quickly when necessary	Crossing roads, reacting to danger and maintaining athletic reserve	Fast walk → jog → run → acceleration → hill run → sprint/hill sprint	Glutes ★★★★★ · Hamstrings ★★★★★ · Calves ★★★★★ · Quads ★★★★★ · Hip flexors ★★★★★ · Adductors ★★★	★ → ★★★★★	★ → ★★★★★
Moderate	23. Produce and absorb rotational power	Throwing/catching, sudden turns and whole-body athletic power	Controlled rotation → resisted → loaded → faster rotation → light rotational throw → powerful throw/catch → reactive multidirectional throws	Obliques ★★★★★ · Glutes ★★★★★ · Core ★★★★★ · Adductors ★★★★★ · Deep spinal rotators ★★★ · Delts/pecs/lats ★★★	★ → ★★★★★	★ → ★★★
Very high	24. Keep your torso upright for hours without your back being the limiter	Sitting, standing, walking, carrying and prolonged work	Back extension → loaded extension → RDL → heavy RDL → single-leg loaded hinge → heavy carries + hinges	Erectors ★★★★★ · Multifidus ★★★★★ · Glutes ★★★★★ · Hamstrings ★★★★★ · QL ★★★ · Obliques ★★★	★★ → ★★★★★	★★ → ★★★★★
Very high	25. Bend over and come back up strongly	Picking things up, gardening, beds and low tasks	Controlled spinal flexion → back extension → light Jefferson curl → progressively loaded Jefferson curl	Erectors ★★★★★ · Multifidus ★★★★★ · Hamstrings ★★★ · Glutes ★★★ · Abs ★★★	★ → ★★★★★	★ → ★★★★★
High	26. Lean sideways and recover	Reaching sideways and handling asymmetric loads	Side bend → suitcase hold → suitcase walk → heavy suitcase carry → dynamic asymmetric carry	QL ★★★★★ · Obliques ★★★★★ · Erectors ★★★★★ · Glute medius ★★★★★ · Grip ★★★★★	★ → ★★★★★	★ → ★★★★★
High	27. Turn your torso and reach behind yourself	Looking/reaching behind you and turning while carrying	Free rotation → reach + rotate → resisted rotation → loaded rotation → dynamic rotation	Obliques ★★★★★ · Multifidus/deep rotators ★★★★★ · Erectors ★★★ · Glutes ★★★ · Adductors ★★★	★ → ★★★★★	★ → ★★★