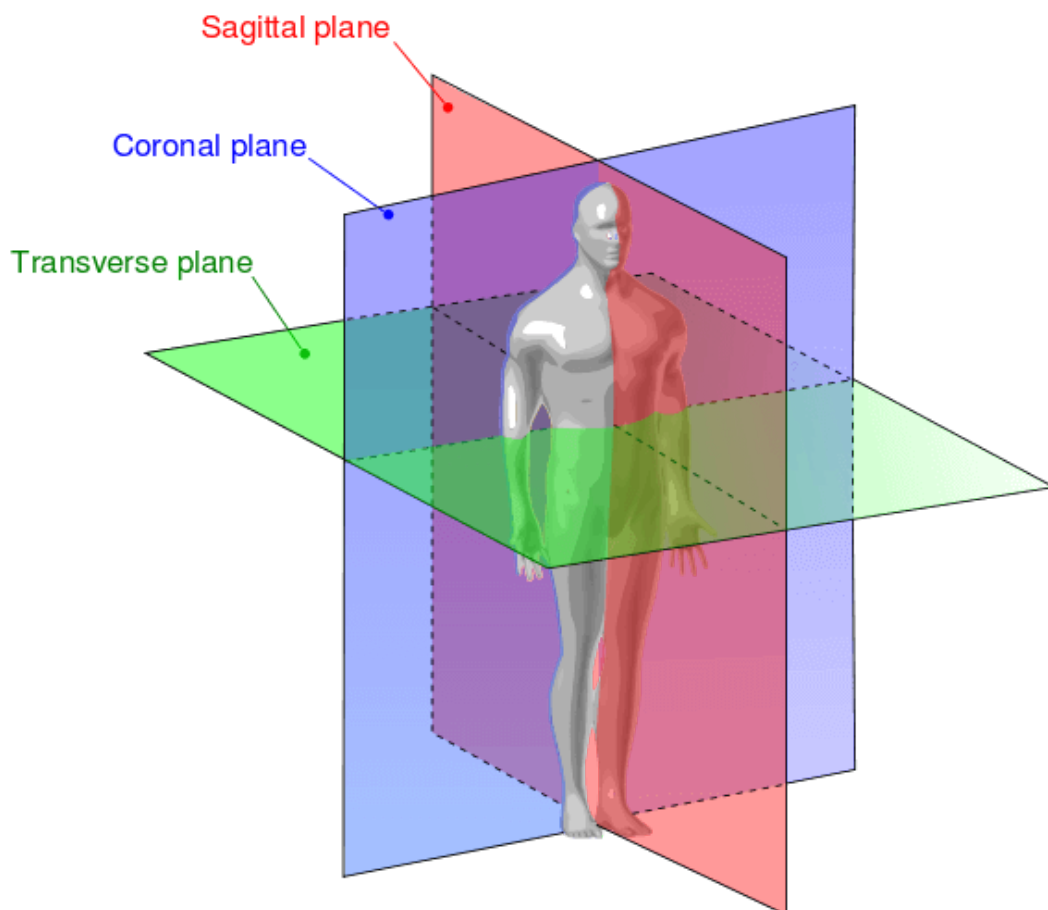


PLANES OF MOTION

STUDY GUIDE

3 PLANES OF MOTION:

- Sagittal Plane: Divides the body into right and left halves
- Frontal Plane (coronal plane): Divides the body into front and back halves
- Transverse Plane (horizontal plane): Divides the body into top and bottom halves



**WANT AN IN-DEPTH BREAKDOWN
& VIDEO DEMONSTRATIONS?**

Check out the course:
"Planes of Motion"



SAGITTAL PLANE

Definition: The sagittal plane is a plane that divides the body into right and left halves.

Motion: Sagittal plane motion runs in a forward, backward, up and/or down direction - Imagine being trapped in a narrow hallway.

Note: The muscles that move us in this plane, generally run up and down in the front and back of our bodies.

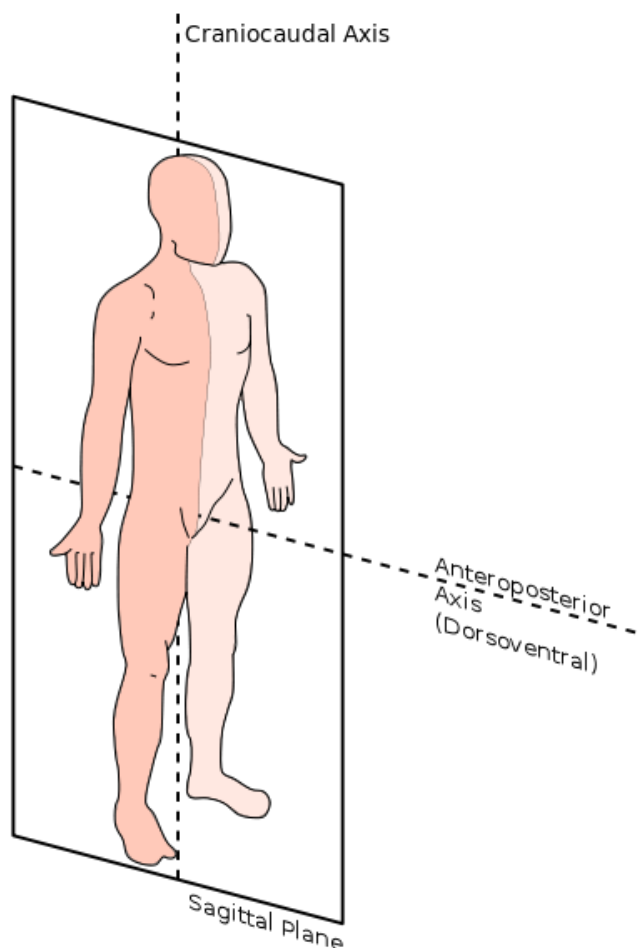
SAMPLE EXERCISES

Upper: Close Grip Row

Lower: Leg Press

Total: Running

Core: Planks



FRONTAL/CORONAL PLANE

Definition: The frontal plane is a plane that divides the body into front and back halves.

Motion: Frontal plane motion runs in side-to-side, up and/or down direction - Imagine being sandwiched between two pieces of glass (one in front and one in back).

Note: The muscles that move us in this plane generally run up and down on the sides of our body.

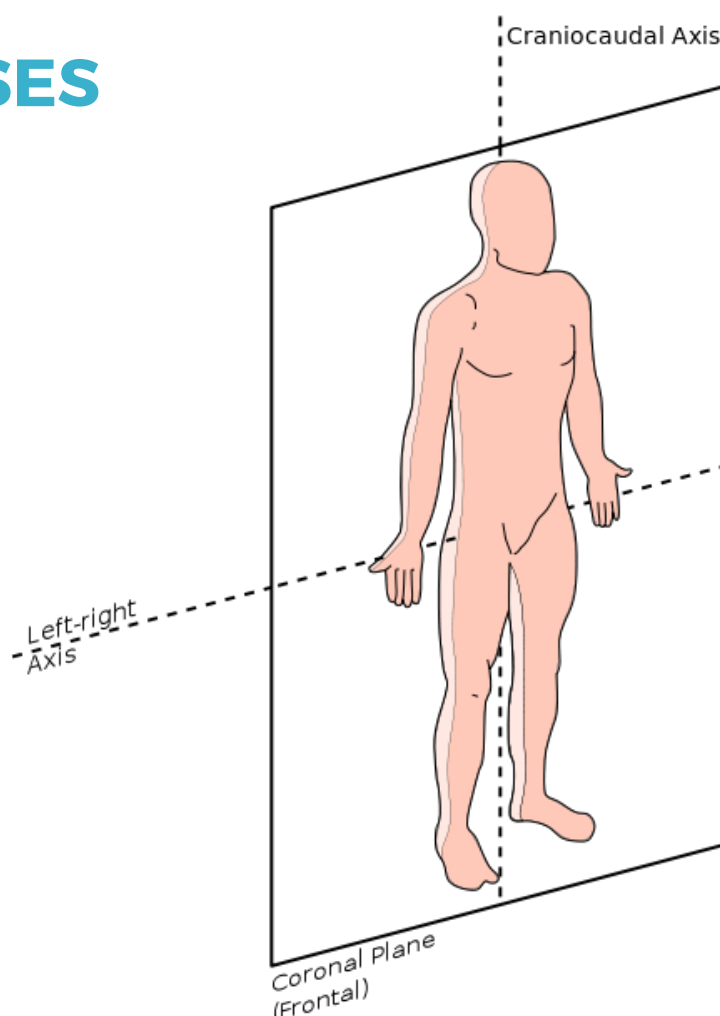
SAMPLE EXERCISES

Upper: Wide Grip Row

Lower: Lateral Lunge

Total: Jumping Jacks

Core: Side Planks



TRANSVERSE/HORIZONTAL PLANE

Definition: The transverse plane is a plane that divides the body into top and bottom halves.

Motion: Transverse plane motion generally refers to motion that rotates, pivots or moves horizontally medial to lateral/lateral to medial - Think of how your joints would move with a pin stuck straight through from the top (also known as an x axis).

Note: The muscles that move us in this plane generally run horizontally across our body or diagonally (obliquely).

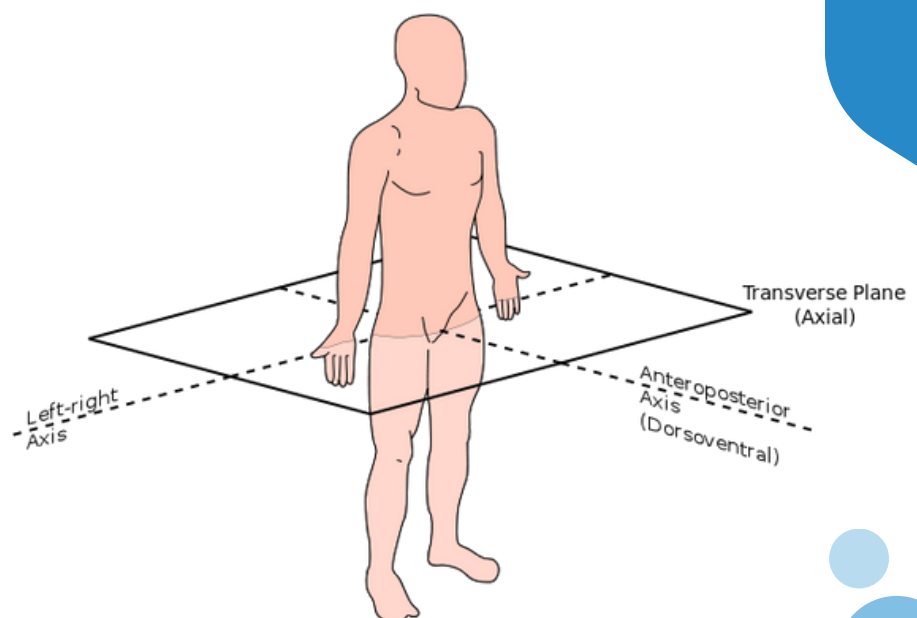
SAMPLE EXERCISES

Upper: Bench Press

Lower: Clamshells

Total: Golf Swing

Core: Axe Chop



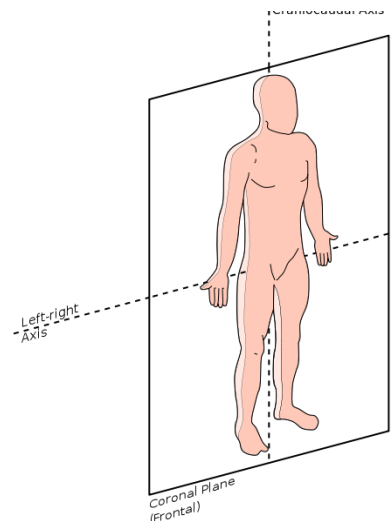
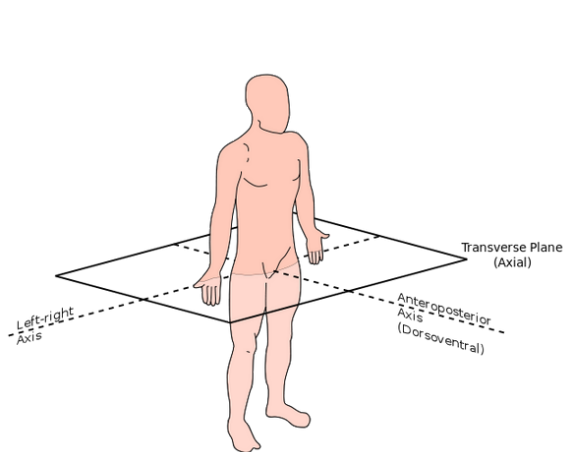
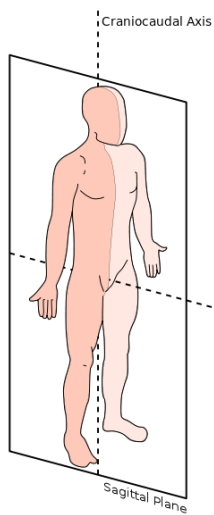
TEST YOUR KNOWLEDGE:

Match the correct letter to the image

A. Frontal/Coronal Plane

B. Sagittal Plane

C. Transverse/Horizontal Plane





TEST YOUR KNOWLEDGE:

Name as many *sagittal plane* exercises as you can think of!

<div>Upper Body</div> <div></div>	<div>Lower Body</div> <div></div>
<div>Core</div> <div></div>	<div>Whole Body</div> <div></div>





TEST YOUR KNOWLEDGE:

Name as many *frontal plane* exercises as you can think of!

<div>Upper Body</div> <div></div>	<div>Lower Body</div> <div></div>
<div>Core</div> <div></div>	<div>Whole Body</div> <div></div>





TEST YOUR KNOWLEDGE:

Name as many *transverse plane* exercises as you can think of!

<div>Upper Body</div> <div></div>	<div>Lower Body</div> <div></div>
<div>Core</div> <div></div>	<div>Whole Body</div> <div></div>



SAGITTAL PLANE EXERCISES

Upper Body <ul style="list-style-type: none">• Close Grip Row• Close Grip Push Ups• Close Grip Pull Ups• Close Grip Shoulder Press• Front Shoulder Raise• Triceps Extension• Biceps Curl	Lower Body <ul style="list-style-type: none">• Leg Press• Squats• Step-Ups• Forward Lunge• Dead-lifts
Core <ul style="list-style-type: none">• Crunches• Reverse Crunches• Sit-Ups• Planks	Whole Body <ul style="list-style-type: none">• Running• Sprinting• Jumping• Cycling



FRONTAL/CORONAL PLANE EXERCISES

Upper Body <ul style="list-style-type: none">• Wide Grip Row• Lat Pull Down• Military Press• Lateral Shoulder Raise	Lower Body <ul style="list-style-type: none">• Side-Stepping• Lateral Lunge• Ice-skaters
Core <ul style="list-style-type: none">• Side Bending• Side Planks	Whole Body <ul style="list-style-type: none">• Jumping Jacks



TRANSVERSE/HORIZONTAL PLANE EXERCISES

Upper Body <ul style="list-style-type: none">• Push Ups• Bench Press• Chest Fly• Reverse Fly• Wide Grip High Row	Lower Body <ul style="list-style-type: none">• Turning• Transverse Plane Lunge• Clamshells
Core <ul style="list-style-type: none">• Russian Twists• Axe Chops• Oblique Crunch	Whole Body <ul style="list-style-type: none">• Golf Swing• Baseball Swing



Craniocaudal Axis

Complete review and bibliography:

Online Course:
"Planes of Motion"

W03
BROOKBUSH INSTITUTE.
COM

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SCAN ME 



Coronal plane
(Frontal)

Sagittal