



BROOKBUSH INSTITUTE

Human Movement Science Education

Sagittal Plane Movements	Upper Body: Lower Body:	Core: Whole Body:
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Frontal Plane Movements	Upper Body: Lower Body:	Core: Whole Body:
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Frontal Plane Movements	Upper Body:	Core:
	Lower Body:	Whole Body:

What planes can you perform the following exercises in? *Be creative!*

Push - Ups	
Pull - Ups	
Step - Ups	

Can you think of other exercises that can be done in multiple planes?