

Seated 3D Movement

Wake up your Body!

What is 3D movement?

1. Direction of movement?

- a. Sagittal plane - forward and backwards movement
- b. Frontal plane - Lateral or side to side movement
- c. Transverse plane - left rotational movement and right rotational movement

2. Verticality of movement

- a. High towards the sky
- b. Low towards the floor

3. How far out?

- a. Close to our bodies
- b. Far away with full extension



Seated Hands Alternating Anterior OH Reaches

What does this do?

1. Fights back against gravity
2. Lengthens, turns on and excites our back muscles
3. Puts us in big and powerful position and tricks our body to fight gravity

10 reps of each with each arm; 3 times

Anterior Reaches - reach high and to the front

Lateral Reaches - left & right same side reaches

Rotational Reaches - left rotational & right rotational



Seated Hands Alternating Posterior OH Reaches

What does this do?

1. Fights back against gravity
2. Lengthens, turns on and excites our abdominal and anterior tissues
3. Puts us in big and powerful position and tricks our body to fight gravity!

10 reps of each with each arm; 3 times

Posterior Reaches - reach high and back

Lateral Reaches - left & right opposite side overhead reaches

Rotational Reaches - left rotational behind & right rotational behind