

Multi-planar Training

Shawn Windle, MA, ATC, CSCS

Planes of movement

Sagittal – passes vertically through the midline of the body

Frontal – divides body into anterior and posterior halves

Transverse – divides the body into upper and lower halves

Sagittal plane

Dominates most weight training and running programs!

Bench press

Squat

Power clean

Frontal plane

Many weight training programs include a few frontal plane movements.

Side laterals

Lateral lunges

Transverse plane

Very few programs address transverse plane,
yet sport occurs here.

Most injuries occur here.

DB Matrix

Every major bodypart

Every plane of movement

Use as warm-up or as workout

Med Balls

Chops

Chop w/ throw

Wide rotation

Wide rotation w/ throw

Legs

Lateral squat

Lateral lunge

Rotating squat

Lunge w/ twist

Lateral power step up

Ankle Bands

Legs cont...

1 leg squat

Golfers pickups

BW Leg Circuit

Squat jump

Lunge w/ twist

Rotating squat

Lateral power step up

Plyometric progression

Teach landings first

(Hard landings - hard on the knees)

Include jumps in all three planes

Stick the landing – knee to calf

Prepare the lower body!

Plyo progression cont.

Take away the stick

Still use low level jumps

Progress to elastic jumps – multiple response

Plyos

Heiden w/ stick

Box jumps

Zig zag bound w/ stick

Hurdle hops w/ stick

Hurdle hops

Tuck jumps

Lateral hurdle hops

Upper Body

DB Snatch

Diagonal upright row

Rotation pushup

DB Row

Presses (from Matrix)

Sport Specificity

Training movements rather than muscles

Closer to sport specificity