



Circuits



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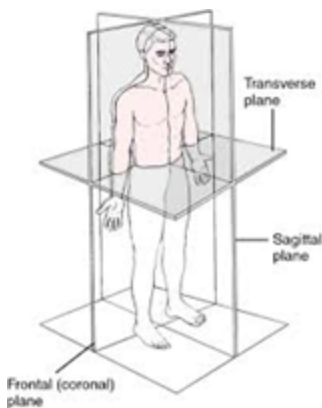
Functional Movement Planes/Pillars Training

Objective: Understanding functional training is the ability to execute high quality movement in all **Three Planes of Motion**

Foundational Strategies for Building Better Movers

- Train **MOVEMENTS**, not muscles (integration, not isolation)
- Build a menu of equipment-less movements, and master those **FIRST**
- Move in **ALL THREE** planes of motion,
 - **Sagittal**
 - **Frontal**
 - **Transverse** emphasize the **TRANSVERSE** plane
- Strive to perform movements with **PRECISION**

Planes of Movement Vocabulary



	Elementary	Middle School	High School
1. Sagittal	Forward/Backward	Sagittal	Sagittal
2. Frontal	Sideways	Lateral	Frontal
3. Transverse	Twisting	Rotational	Transverse

The 5 Pillars of Functional Movement:

- **Rotation** (striking, throwing, swinging an object etc. twisting action) *
- **Pushing** (moving something away from you, **horizontal & vertical** vectors)
- **Pulling** (moving something closer to you, **horizontal & vertical** vectors)
- **Raising & Lowering your center of mass** (squatting, lunging, stepping, getting up and down off the floor) Hip and knee dominant exercises
- **Locomotion** (walking, running, crawling, climbing, swimming moving from point A to B)



Circuit Matrix

Exercises	Fun	Time Rest	Reps/Ladder	Purpose
Push Vertical Horizontal Train Station	Rep & Run	30/30	10-12 reps	Teaching New Exercises
Pull Vertical Horizontal Jungle Gym	Dice Challenge Small Large	30/15	Partner - Drop Set Ladder 12-10-8-6-4-2 reps	General Conditioning
Core Stability Anti-Flexion Rotational Body Wgt.- Bands	Cards Hearts - Push Spades - Pull Clubs - Core Diamonds - Legs	20/10	6-8 reps	Muscular Strength
Legs Bi-Lateral Uni-Lateral Circuit Trainer	Total Body Rock - Paper Scissor	40/20	12-15 reps	Muscular Endurance
Cardio Total Body Exercises	Wacky Jacks	Any Of Above	Any Of Above	General Conditioning
Teacher Student Contact New Exercise Content Review	Rock Paper Scissor With Teacher	Any Of Above	Any Of Above	Teacher Interaction Station