



Tri-Phasic Training



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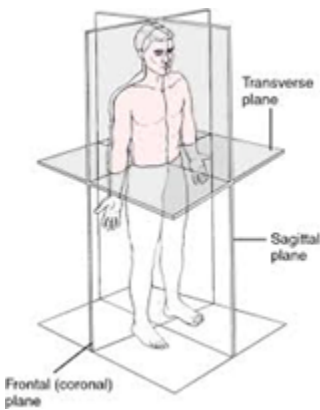
Functional Movement Planes/Pillars Training

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)
- **Locomotion** (walking, running, crawling, climbing, swimming moving from point A to B)

3 Dimensional - Tri-Planer Warm Up

Functional warm up, working in all three planes (tri-planer) and incorporating both upper and lower body with movement in warm up

Sagittal (Straight Ahead)

- Ladder/Imaginary Ladder quick feet two in each box
- Hurdle Over/Under Forward
- Animal Crawl Forward
- Lunge Forward Arms Overhead with a backwards reach
- Skip Forward
- Repeat going backwards

Frontal (Lateral)

- Ladder/Imaginary Ladder Lateral two-in
- Hurdle Over/Under Lateral
- Animal Crawl Lateral
- Lunge Lateral with a opposite hand/foot touch
- Skip Lateral
- Repeat facing the other way

Transverse (Rotational)

- Ladder/Imaginary Ladder Cross-shuffle
- Hurdle Alt. Over/Under w/cross over step
- Animal Crawl Rotational/Cross Over
- Lunge Crossover
- Crossover Skip
- Repeat going backwards

Tri-Phasic Muscle Contractions

- **Eccentric Contraction** (lengthening contraction)
- **Concentric Contraction** (shorten contraction)
- **Isometric Contractions** (no length change contraction)

Training Intensities

- **Stability** – Focuses on gaining alignment and stability
- **Strength** – Focuses on adding strength to the alignment and stability
- **Power** – Focuses on adding explosive movement
- **Integration** - Focuses on integrating lower and upper body

Tri-Phasic Training

Exercises	Isometric Stability Time under Tension	Eccentric Strength Controlled Lengthening	Concentric Power Explosive Contractions	Integration Connecting Upper & Lower Body
Push Train Station	½ Kneeling Iso Holds	Slow (3-5 sec) Descent	Explosive Alt. Fast Pressing	Integration Squat/ Press
Pull Jungle Gym	Body Row Iso Holds	Slow (3-5 sec) Descent	Assisted Pull Ups	Jump Pull Ups
Core Body Wgt.	Plank Iso Holds	Single Leg Drops	Side Plank Hip Sway	Dying Bugs
Legs Circuit Trainer	Lunge Iso Holds	Forward Lunge Under Tension	Frog Jumps With Resistance	Back Pedal Quick Steps

Cool Down Lunge 3D Matrix - Movement Sticks

Sagittal Straight Ahead (Forward) – (Backward)

- Sagittal Extension
- Frontal Lean
- Transverse Rotation

Frontal Lateral (Right) – (Left)

- Sagittal Extension
- Frontal Lean
- Transverse Rotation

Transverse Rotational (Right) – (Left)

- Sagittal Flexion/Extension
- Frontal Lean
- Transverse Rotational

Movement Sticks

- A great tool for MOBILITY development
- Partner strength movements
- Push-up and Body Row form regulator