

POWER TRAINING REVIEW

TERMS: (SPINE)

KYPHOTIC – OUTWARD CURVE OF SPINE

LORDOTIC – INWARD CURVE OF SPINE

SCOLIOTIC – SIDEWAYS CURVE OF SPINE

3 PLANES OF MOTION:

SAGGITAL – RIGHT & LEFT SIDE OF BODY – MOVEMENT IS UP & DOWN

FRONTAL – FRONT & BACK SIDE OF BODY – MOVEMENT IS SIDE TO SIDE

TRANSVERSE – UPPER & LOWER HALF OF BODY – MOVEMENT IS ROTATION

