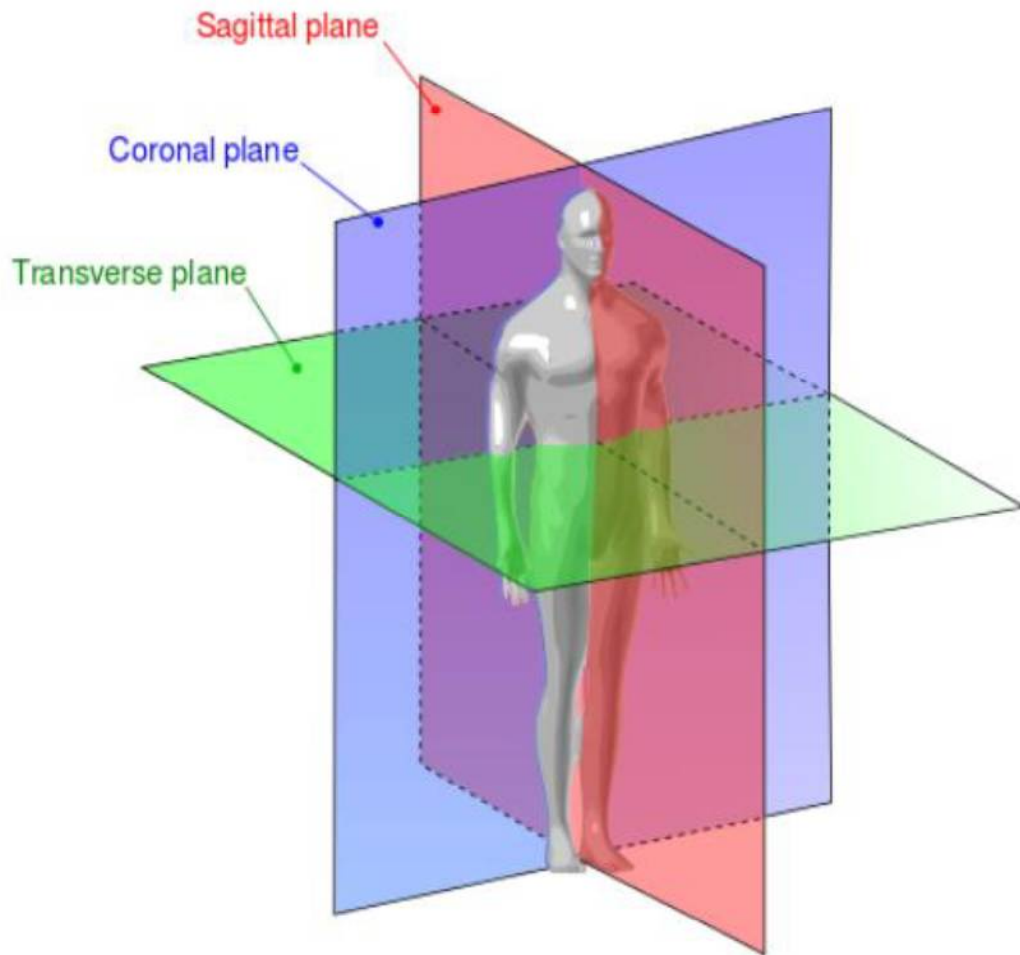


## Appendix G Planes of Movement



Planes of Movement: Imaginary lines that dissect the body into sections or planes. Movement occurs parallel to the plane of movement. The point at which all planes of movement intersect dictates one's center of gravity and balance.

- Coronal or Frontal Plane: Front and Back Sides
  - Example Movement: Jumping Jacks
- Sagittal Plane: Left and Right Sides
  - Example Movement: Running
- Transverse Plane: Superior and Inferior Sections (top & bottom)
  - Example Movement: Oblique Crunches or Swinging a Bat