

THE EFFECT OF THE SAGITTAL PLANE



Single arm KettleBell RDL

A sagittal plane motion with tri-planar forces acting on the body.

Here, the KB pulls the athlete into left trunk rotation forcing his right trunk rotators to activate to resist this rotation force created by gravity.

7. THE EFFECT OF THE SAGITTAL PLANE



Traditional barbell RDL

The rotational forces produced with the single arm variation are cancelled out and all of the forces are transferred into the sagittal plane, further activating the Extension/Compression Stabilizing Strategy (ECSS).

7.4. GET OUT OF THE SAGITTAL PLANE



MOVEMENTS IN THE SAGITTAL PLANE



Lateral Lunge





SAGITTAL PLANE

Oblique Cross Crunch



SAGITTAL PLANE



*Standing KettleBell Twist
WITHOUT Hip Rotation*

STANDING KETTLEBELL TWIST WITH HIP ROTATION



*Standing KettleBell Twist
WITH Hip Rotation*

THE SAGITTAL PLANE



Rip Trainer Press

SAGITTAL PLANE



Rip Trainer Oblique Chop

TRAINING IS NOT TO
MAKE THE ATHLETE
STRONG IN THE
WEIGHT ROOM, BUT
TO MAKE THEM
GOOD AT
SOMETHING OTHER
THAN LIFTING.

WULF #5

PUT THE

BARBELL

DOWN

#PUTTHEBARBELLDOWN

FOOT THE BARBELL DOWN

The barbell, while an effective tool, limits the athlete's degrees of freedom. Unable to move in the transverse and front planes, all (both desired and compensatory) movement occurs in the sagittal plane. This further strengthens the pathological stabilizing strategy the Extension/Compression Stabilizing Strategy (ECSS).



FACT OF THE DAY: KETTLEBELL DOWN



S.A. Russian KB Swing

DOWN



S.A. Reverse Lunge (overhead)

WASH OFF THE DARK BELL DOWN



S.A. Reverse Lunge (Front Rack)

ROCKING BACK DOWN



S.A. / S.L Kettle Bell RDL