

# Movement Matrix

Exercise	Reps	Cues
Sagittal Jab Steps	6 Reps/Leg	Resist flexion & extension
Jab Step with Rotation	6 Reps/Leg	Rotate over fwd leg/Load & change direction
Frontal Plane Shuffle	6 Reps	Resist side bend
Shuffle with Rotation	6 Reps	Load & change direction
Transverse Plane Pivot	6 Reps/Leg	Pivot and resist rotation
Pivot with Rotation	6 Reps/Leg	Rotate, Load & Xplode