

# MOVEMENT ENHANCEMENTS

## POSITION

Placement of the body.  
EX: **Standing**



## ACTION

Describes the movement portion of the exercise.  
EX: **Lunge & Reach**



## DRIVER

Moving parts of body that create a chain-reaction.  
EX: **Foot & Hands**



## DIRECTION

A line or course of action.  
EX: **Forward Lunge & Rotational Reach**



## ENVIRONMENT

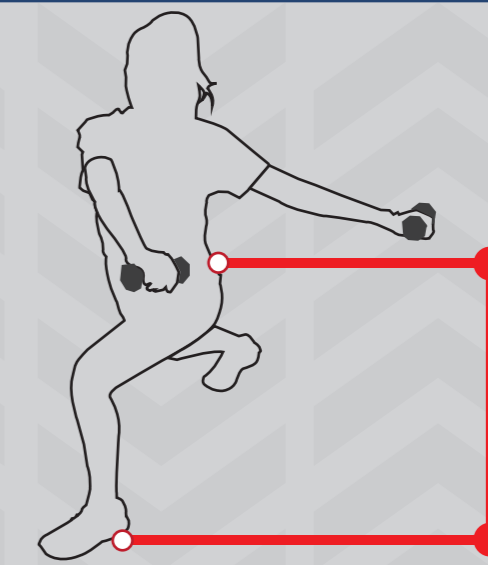
The sum of our surroundings, conditions, and influences.  
EX: **Ground & Gravity**



## HEIGHT

The vertical measure of an action relative to a location on the body or ground.

EX: **Lunge at Ground**  
**Reach at Hip**



## DISTANCE

The horizontal measure of an action relative to a location on the body or ground.

EX: **Lunge to 3 ft**



## LOAD

The overall weight of an implement and the body.

EX: **Body weight + Dumbbell weight.**



## RATE

The speed or response of a movement.

EX: **Fast or Slow**



## DURATION

The amount of time a movement is performed.

EX: **Sets, Reps, & Minutes**

