**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