



MOVEMENT VARIABILITY CHART

PERFORM 1-2 HRS WITHIN EACH SECTION / VARY THE 4 CATEGORIES

1 D B O D Y W E I G H T	MOBILITY	Foam Rolling (15 minutes)	Restorative Poses (15 minutes)	Breathing / Mediation / Brain HQ (5 minutes)	Sauna (30 minutes)	MOBILITY	Yoga (60 minutes)	Tai-Chi (60 minutes)	Dance (30 minutes)	Turk-Ups (15 minutes)	M A T R I X B O D Y W E I G H T
	STRENGTH	Isometrics (15 minutes)	Push-Up / Pull-Up (15 minutes)	TRX Suspension (15 minutes)	Soft Tissue Class (30 minutes)	STRENGTH	Gymnastics (30 minutes)	Genesis Flow (15 minutes)	Ground Matrix (15 minutes)	Power Plate (15 minutes)	
	METABOLIC	Walking (30 minutes)	Jogging (30 minutes)	Biking (30 minutes)	Swimming (30 minutes)	METABOLIC	Hiking (30 minutes)	Crossfit (30 minutes)	Distance Run (30 minutes)	Tabatas (15 minutes)	
	POWER	Plyometrics (15 minutes)	Sprinting (15 minutes)	Linear (15 minutes)	Box Jumps (15 minutes)	POWER	Play Sport (60 minutes)	Play Tag (30 minutes)	Witty SEM / Reactive Agility (15 minutes)	Boxing (30 minutes)	
1 D L O A D E D	MOBILITY	Sub Max Lifting (15 minutes)	Electrical Stim (15 minutes)	Vibration Therapy (15 minutes)	Massage (60 minutes)	MOBILITY	Light Load Matrix (15 minutes)	Band Distraction (15 minutes)	Halos (15 minutes)	Genesis Flow+ (15 minutes)	M A T R I X L O A D E D
	STRENGTH	Bodybuilding (30 minutes)	Powerlifting (30 minutes)	Pilates (30 minutes)	Strength Class (30 minutes)	STRENGTH	Odd Positional Lift (15 minutes)	Lifting Matrix (15 minutes)	Warding (15 minutes)	Power Plate + (15 minutes)	
	METABOLIC	Housework (60 minutes)	Yard Work (60 minutes)	Shopping (60 minutes)	Dog Walk (30 minutes)	METABOLIC	Sprint Intervals (15 minutes)	H.I.I.T. Class (30 minutes)	Recreation Play (30 minutes)	Mountain Bike (30 minutes)	
	POWER	Olympic Lifts (15 minutes)	KB Swings (15 minutes)	MB Slams (15 minutes)	Loaded Jumps (15 minutes)	POWER	MB Throw Matrix (15 minutes)	KB Swing Matrix (15 minutes)	Loaded RAQS (15 minutes)	Loaded Bounds (15 minutes)	

MOVEMENT VARIABLES CATEGORIES

MOBILITY

The ability to enhance our sphere of function

GOALS

- * Autonomic Nervous System Regulation
- * Circulation / Hydration
- * Activation

STRENGTH

The ability to generate force

GOALS

- * Ground 2 Stand
- * Bend & Lift
- * Odd Positional Lifting

METABOLIC

The ability to endure and sustain activity

TYPES

- * S.I.S.S
- * H.I.S.S
- * H.I.I.T
- * S.I.I.T

POWER

The ability to perform work in a given time

GOALS

- * Load to Unload
- * Speed
- * Agility
- * Max Power



DHF Remote Trainer
Dynamic Health & Fitness, LLC

App Store

MOVEMENT VARIABILITY LIBRARY LOCATED WITHIN DHF REMOTE TRAINER