

Upper Extremity Dumbbell Matrices

Above shoulder

Sagittal plane-press to the sky



Frontal plane-"Y" press



Transverse plane-rotate/punch



Below shoulder

Sagittal plane-shoulder flexion, biceps curl, or bent over row



Frontal plane-abduction with side bending away



Transverse plane-upper cuts



Lunge sequence

Sagittal plane lunge



Frontal plane lunge



Transverse plane lunge



Lunge sequence with press/pullover

Sagittal plane lunge with dumbbell press



Frontal plane lunge with pullover



Transverse plane lunge with pullover

