

## 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

