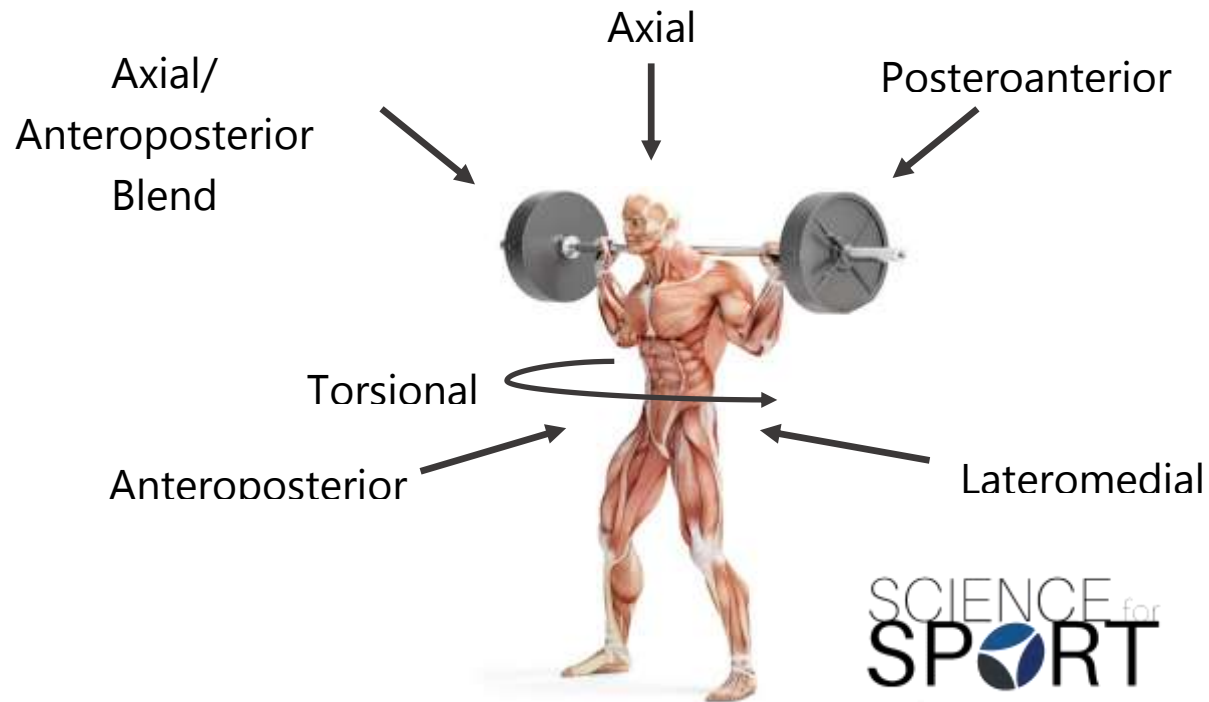


# An Exercise Guide to the Force-Vectors



## **Axial**

- Back Squat
- Overhead Press
- Vertical Jump

## **Anteroposterior**

- Hip Thrust
- Bench Press
- Sprinting

## **Lateromedial**

- Lateral Lunge
- Lateral Raise
- Lateral Skater Jump

## **Posteroanterior**

- Backwards Sled Drag
- Cable Rows
- Backwards Sprinting

## **Torsional**

- Pallof Press
- Banded Hip Rotation
- Rotary Med Ball Throw

## **Axial/Anteroposterior Blend**

- Walking Lunge
- Incline Press
- Broad Jump