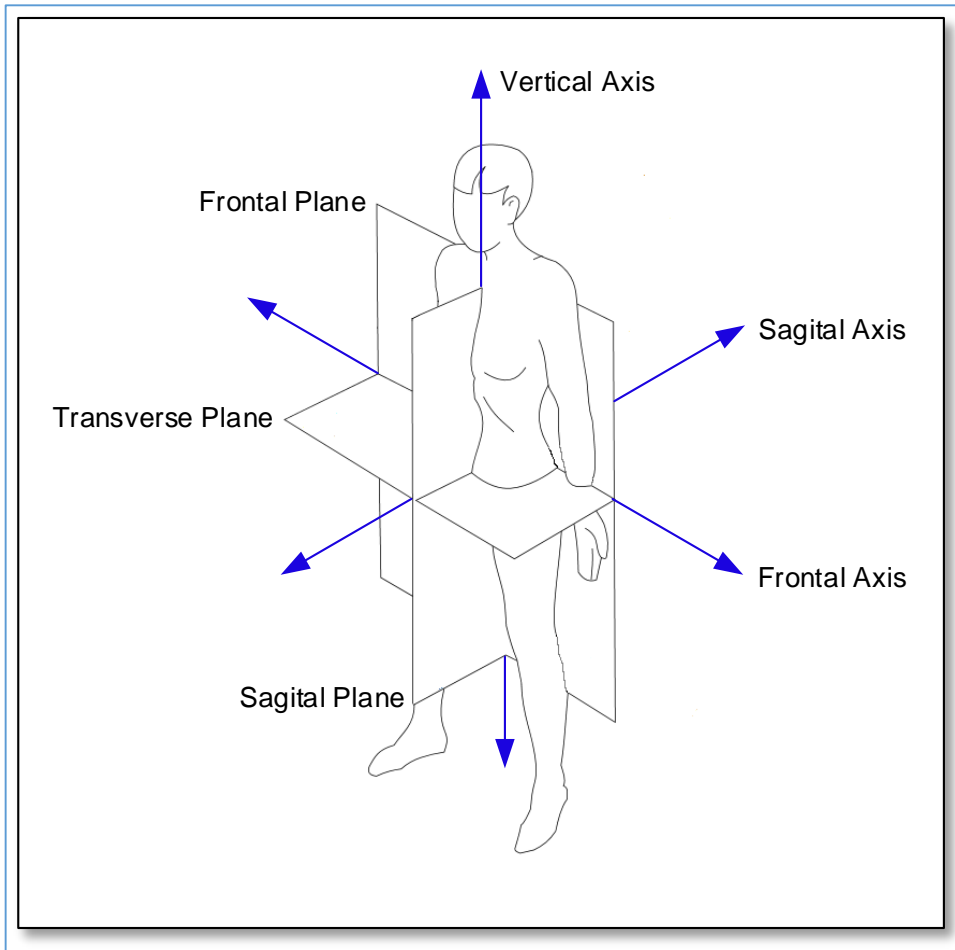


# Planes and Axes of Movement

A Short Lesson in the Kinesiology of Exercise



## Planes of Movement

***Sagittal*** - Lies vertically and separates the body into left and right parts.

***Frontal*** - Lies vertically and divides the body into anterior and posterior parts.

***Transverse (Horizontal)*** - Lies horizontally and divides the body into superior and inferior parts (top and bottom).

## Axes of Movement

***Sagittal*** - Passes horizontally from posterior to anterior and is formed by the intersection of sagittal and transverse planes.

***Frontal*** - Passes horizontally from left to right and is formed by the intersection of the frontal and transverse planes.

***Vertical*** - Passes vertically from inferior to superior and is formed by the intersection of the sagittal and frontal planes.

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