

3 PRINCIPLES OF PROGRESSION

➤ Vector Resistance Principle

- ✓ *Applies mainly to all standing exercises*
- ✓ *Changing your body position and moving your center of gravity outside your base of support to change the exercise resistance*

➤ Pendulum Principle

- ✓ *Applies mainly to all ground-based exercises*
- ✓ *Moving your body in a supine or prone position away or toward from the anchor point to work more or less against gravity, changing the exercise resistance*

Principles Of Progression

JL Elias



Principles Of Progression:

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