

Using the following movements and exercises, create a variation using one or more of the **DRILLS** examples. Then write down a new movement or exercise that makes sense to follow using entry-action-exit. Write down a variation for that movement and create an exercise combination.

- D** **Directional** changes, such as facing a different wall or working in a different plane of movement:
 - Frontal** – side-to-side movement
 - Sagittal** – front-back movement
 - Transverse** – rotational movement
 Or **traveling** the movement – forward and backward, side to side, diagonal or in a circle
- R** **Rhythm** – variations in musical timing, such as single-single-double
 - Range of motion** – how big or how small a movement is
 - Repetitions** – number performed; singles, doubles, repeaters
 - Resistance** – increasing or decreasing the effect of a muscular contraction
- I** **Intensity** – difficulty or exertion
 - Impact** – degree of force
- LL** **Lever Length** – short lever, such as bent knees or elbows vs. long levers, such as full arm or leg movements
- S** **Stability** – static and dynamic balance variations
 - Speed** – fast, slow or a combination of speeds

Movement	Variation	Add on movement	Variation
March in place			
Step-touch			
Hamstring curl-step			
Knee lift-step			

Movement	Variation	Add on movement	Variation
Biceps curl			
Overhead press			
Triceps extension			
Double calf-raise			