



NAME

MOVE **2**
Improve!



Play Out

TEMPLATE/TRACKER

MINDSET

- **EXPLORE** different combinations of tweaks and movements
- **PRETEND** you're creating a new recipe or the melody for a song by mixing and matching different ingredients/musical notes
- **MOVE** at your own pace
- **REFER** to the Tweak for Transformation videos as necessary

INSTRUCTIONS

1. **CHOOSE** a “Movement”
2. **SELECT** one or more “Tweaks”
3. **APPLY** the tweak(s) to the movement
4. **REPEAT** steps 1 – 3, depending on available time, throughout your “Play Out”
5. **TRACK** your “Play Outs” if that helps you



FOR EXAMPLE

1. **MOVEMENT:** Lunge
2. **DIRECTION:** Right 90°
3. **LUNGE** with your right leg to your right side
4. Add a second tweak (**DRIVER**) by lunging with your left leg to your right side
5. **RECORD** LG/RF/R90, LG/LF/R90 on your tracker

MOVEMENT

Balance	(BL)
Bridge	(BR)
Crawl	(CR)
Hop	(H)
Jump	(JM)
Kick	(K)
Lift	(LF)
Lunge	(LG)
Pull	(PL)
Punch	(PN)
Push	(PS)
Reach	(RC)
Run	(RN)
Shuffle	(SH)
Skip	(SK)
Squat	(S)
Swing	(SW)
Walk	(W)

ENVIRONMENT

Bench	(B)
Declined surface	(D)
Functional Trainer	(FT)
Grass	(G)
Inclined surface	(I)
Platform	(PF)
Pull up bar	(PB)
Side slope surface	(SS)
Solid floor	(SF)
Stability ball	(SB)
Suspension Device/TRX	(SD)
Vibration Plate	(V)

LOAD

Barbell	(BB)
Body weight	(BW)
Dumbbell	(DB)
Kettlebell	(KB)
Medicine ball	(MB)
Pneumatic	(P)
Resistance band	(RB)
Weight plate	(WP)

TWEAKS

POSITION

Left side-plank	(LS)
Left single leg balance	(LB)
Left toe-touch balance	(LTT)
Plank	(P)
Quadruped (hands & knees)	(Q)
Right side-plank	(RS)
Right single leg balance	(RB)
Right toe-touch balance	(RTT)
Seated	(ST)
Standing	(SD)
Supine (on your back)	(SP)
Kneeling	(KN)

DISTANCE

Maximum	(MX)
Medium	(MD)
Short	(ST)

HEIGHT

Ankle level	(A)
Floor	(F)
Knee level	(KL)
Overhead	(O)
Shoulder level	(SHD)
Waist level	(WL)

DRIVER

Both feet	(BF)
Both hands	(BH)
Eyes	(E)
Head	(HD)
Left foot	(LF)
Left hand	(LH)
Pelvis	(P)
Right foot	(RF)
Right hand	(RH)

DIRECTION

Backward	(BW)
Down	(DN)
Forward	(FW)
Left 45°	(L45)
Left 90°	(L90)
Left 135°	(L135)
Right 45°	(R45)
Right 90°	(R90)
Right 135°	(R135)
Up	(U)

RATE

Fast	(F)
Medium	(M)
Slow	(S)

