

Meet the 4 Quadrants

Loaded Linear Training

LLT

- Movement is in one direction
- External resistance (load) is applied to the body
- Includes most traditional resistance training exercises.

Loaded Movement Training

LMT

- Multi-directional movement: at least two primary directions of motion
- Uses external resistance (load).
- Includes task-oriented movements.

Unloaded Linear Training

ULT

- Movement is in one direction
- No external resistance (bodyweight only).
- Includes most traditional bodyweight exercises.

Unloaded Movement Training

UMT

- Multi-directional movement: at least two primary directions of motion
- Does not use external resistance (bodyweight only).

