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Expert Application of the 4x4 Matrix Focus on Progression

The SFMA uses a 4x4 Matrix when prescribing exercises. It is a useful guide to follow when trying to decide on the challenge level that is appropriate for your client. The TUG. Moving from the ground up. There are 4 positions: 1. Prone / supine 2. Quadriped 3. Half kneeling and tall kneeling 4. Standing: squat, lunge, step up (single stance)

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