### 1. Prone neck strength

- ⊙ 3 x 8-16 repetitions
- · Purpose: To strengthen the neck
- · Lie on a bench with your head over the edge
- Slowly lower and raise your head
- · 4 seconds per repetition
- 3 x 8-16 repetitions



### 2. Supine neck strength

- ⊙ 3 x 8-16 repetitions
- · Purpose: To strengthen the neck
- $\cdot$  Lie on a bench with your head hanging over the edge
- · Slowly raise and lower your head
- · 4 seconds per repetition
- · 3 x 8-16 repetitions

### 3. Shoulder stability



- · Purpose: To increase shoulder strength and stability
- · Kneel on all fours
- · Keep your back straight
- · Lift one arm up at a time, stretching out overhead
- · Stabilise the shoulder on the weightbearing arm
- · 3 x 60 seconds

# 4. Forearm strength 2



- · Purpose: To strengthen the forearm muscles
- · Start with palm of your hands facing upwards
- · Flex your wrist upwards and return slowly down
- Partner provides resistance
- · 3 x 8-16 repetitions

## 5. Forearm strength 1

### ⊙ 3 x 8-16 repetitions

- · Purpose: To strengthen the forearm muscles
- · Start with palm of your hands downwards
- · Flex your wrist upwards and return slowly down
- · Partner provides resistance
- · 3 x 8-16 repetitions



### 6. Diagonal arm pull

# ⊙ 3 x 30 seconds

- · Purpose: To improve shoulder stability
- · Keep your feet stable
- Pull your partners arms diagonally and rotate trunk
- · Provide resistance to your partner 's pulls
- Your partner pushes you forwards and pulls you backwards
- 3 x 30 seconds

# 7. Core stability



- · Purpose: to increase core stability
- Hold on to partners legs
- Elevate legs, partner gives pushes in different directions
- Resist the movement and go back to start position
- · 3 x 8-10 repetitions



### 8. Neck strength against wall

⊙ 3 x 30 seconds

- · Purpose: To strengthen the neck
- · Stand 1 m from a wall, leaning on your forehead
- · Flex and extend your neck by going up and down on your toes
- Progression: Increase distance from wall, or perform exercise facing the other way
- Remember to use non-slip shoes
- · 3 x 30 seconds







### 1. Advanced wheelbarrow

- ⊙ 3 x 30 seconds
- · Purpose: To improve strength and control in the shoulders and trunk
- · Start in a plank position
- · Partner holds your ankles
- · Walk forwards and backwards on your hands
- · Your partner pushes you forwards and pulls you backwards
- · 3 x 30 seconds

## 2. Wiper

- ⊙ 3 x 8-16 repetitions
- · Purpose: To increase trunk strength
- · Hold on to partners legs
- · Move legs slowly from side to side
- · Keep the movement even and controlled
- 3 x 8-16 repetitions

# 3. Forearm strength 2

- ⊙ 3 x 8-16 repetitions
- · Purpose: To strengthen the forearm muscles
- · Start with palm of your hands facing upwards
- · Flex your wrist upwards and return slowly down
- · Partner provides resistance
- 3 x 8-16 repetitions

# 4. Forearm strength 1

- ⊙ 3 x 8-16 repetitions
- · Purpose: To strengthen the forearm muscles
- · Start with palm of your hands downwards
- · Flex your wrist upwards and return slowly down
- Partner provides resistance
- 3 x 8-16 repetitions

# 5. Supine neck strength +

- ⊙ 3 x 8-16 repetitions
- · Purpose: To strengthen the neck muscles
- · Lift your head and tuck your chin in
- · Partner gives gentle resistance to the movement
- · 3 x 8-16 repetitions

# 6. Neck stability

- ⊙ 3 x 8-16 repetitions
- · Purpose: To strengthen the neck
- · Kneel on all fours
- · Partner places hands on top of your head
- Slowly lift your head
- · Partner provides resistance
- 3 x 8-16 repetitions

### 7. Raise and lower

- ⊙ 3 x 8-16 repetitions
- · Purpose: To increase control in the shoulder complex
- $\cdot$  Use the arms to raise the upper body
- Lift chest up and squeeze the shoulder-blades together
- $\cdot\quad$  Squeeze shoulder blades and lift up your chest
- 3 x 8-16 repetitions

# 8. Cockfight

- ⊙ 3 x 30 seconds
- · Purpose: To improve hip and knee control
- · Hold one ankle and hop on the opposite leg
- · Try to push your partner off balance
- 3 x 30 seconds

















### 1. Wheelbarrow +

### ⊙ 3 x 30 seconds

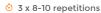
- · Purpose: To improve strength and control in the trunk and shoulders
- · Start in a plank position
- · Partner holds your ankles
- · Partner lets go of one leg at a time
- · Maintain alignment through your body
- · 3 x 30 seconds

### 2. Rowing



- · Purpose: To strengthen the arms and upper back
- · Lie between your partners legs and grip their hands firmly
- · Use your arms and upper back to lift yourself up
- · Push chest out and squeeze shoulder-blades together
- · Lower yourself slowly to start position
- · 3 x 8-16 repetitions

# 3. Core stability



- · Purpose: to increase core stability
- · Hold on to partners legs
- · Elevate legs, partner gives pushes in different directions
- · Resist the movement and go back to start position
- · 3 x 8-10 repetitions

# 4. Forearm strength 1



- · Purpose: To strengthen the forearm muscles
- · Start with palm of your hands downwards
- · Flex your wrist upwards and return slowly down
- · Partner provides resistance
- · 3 x 8-16 repetitions

### 5. Forearm strength 2



- · Purpose: To strengthen the forearm muscles
- Start with palm of your hands facing upwards
- Flex your wrist upwards and return slowly down
- · Partner provides resistance
- · 3 x 8-16 repetitions

# 6. Explosive partner squats

⊙ 3 x 6-8 repetitions

- · Purpose: To strengthen the thigh and gluteal muscles
- · Bend your knees to 70-80 degrees
- Keep your back straight
- · Lower slowly and lift up explosively
- Keep knees aligned over toes
- · 3 x 6-8 repetitions











