

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

3 x 8–16 repetitions

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

3 x 8-10 repetitions

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

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. 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

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