

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
- 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

🕒 3 x 60 seconds

- 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

🕒 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



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

🕒 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



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
- Use the arms to raise the upper body
- Lift chest up and squeeze the shoulder-blades together
- 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

🕒 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

