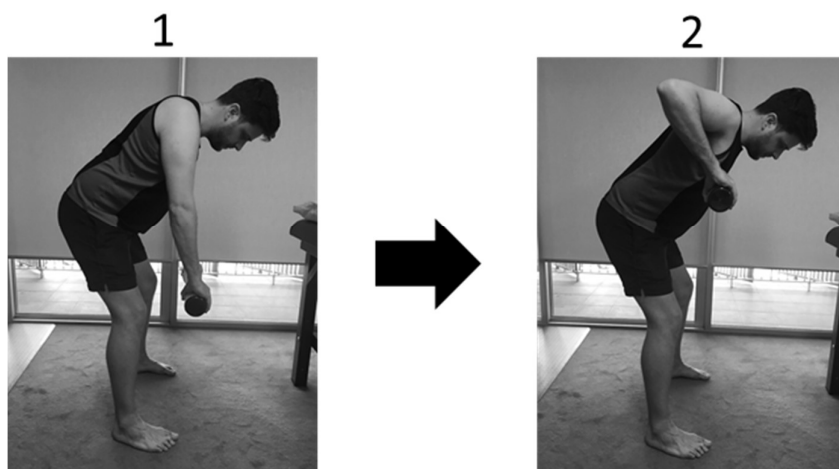


Open Kinetic Chain Exercises

DO NOT PUSH **PAST** YOUR PAIN TRESHOLD

Reverse row

Leaning forward, knees bent, with a small weight (<1kg) in each hand. Your arms should be almost straight, hanging under your body. Lift the weights up towards your shoulders, bending your elbows and pulling your shoulder blades together at your back as you go.



Punching lunge

Stand with your feet together, holding small weights (<1kg) in each hand at waist level, arms bent.

Lunge forward onto your right leg, at the same time as you 'punch' your left hand forward, controlling the path of the weight, and aiming for an imaginary spot ahead of you. Step back, and then repeat with the opposite arm and leg.

As this gets easier you can increase the weight and increase the speed varying the pace and moving the imaginary target is a good way to introduce variety

