















Strength and Conditioning – courtesy of Archer GB

	Kneeling push up	Dead bug – toe dips	Kneeling superman opposite arm/leg (hold)
Anatomy	Front shoulder	Trunk	Trunk
Coaching clues	Knees on floor, hands shoulder width and under shoulder	Maintain neutral spine throughout movement, arms vertical, and legs at 90 degrees	4 point kneeling position, hands +knees shoulder width apart
Start/Finish position			
			
Coaching Comments	Lower upper body to floor and push up through floor until straight arms, no sagging of back.	Lower foot slowly to floor, touching ground, don't allow back to arch, perform with a continuous and slow rhythm and alternate legs.	Extend opposite arm/leg to horizontal and hold, maintain neutral back and balance. Perform with a continuous and slow rhythm.
Sets/Reps	3x8 – 20	3x10 – 20	3x10 – 20 (3s hold)

	½ Side Plank (left and right)	I/T/W/V	Tricep Dip
Anatomy	Trunk	Posterior shoulder	Front shoulder
Coaching clues	Lying sideways, elbow directly under shoulder, place other hand on hip	Lying face down on bench, neutral head position	Hands on edge of bench, legs slightly bent
Start/Finish position		 	
		 	
Coaching Comments	Raise hips with pivot around knee. Don't allow body to twist or drop, maintaining a straight plank position	Retract scapulae, maintain neutral head, and create letters shown in images	Lower body to floor, keep back close to the bench, reach 90 degrees at elbows and push through hands on bench
Sets/Reps	3x15 – hold 45s	3x5 – 10	3x5 – 20