



PARTNER FUN

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Introduction

Having fun exercise time with a partner. The list of the exercises can be added to any program.. or a stand a lone session.

Warm Up

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Row - Seated with Bungy	Exercise						
Flexion/Extension w/ Band/Tubing	Exercise						
Lateral Alternating Lunge with Row using Tubing	Exercise						
Passes – Sitting	Exercise						

on Stability Ball with Medicine Ball							
Row - Bungee Torso Rotation	Exercise						
Row - Speed Bungy Standing (2 Arms)	Exercise						
Shoulder Extension - Supine on Stability Ball with Tubing	Exercise						
SB Perturbations	Exercise						
Chest Press - Bungy Speed 2 Arm	Exercise						
Bridge on Stability Ball w/Tricep Medicine Ball Extension Throw and Catch	Exercise						
Chest Press - Lateral Walk Bungee Alt. Push	Exercise						

Rotational Pull Forward: 2- Handed with Tubing	Exercise						
Stability Ball Knee Kick	Exercise						

Cool Down

PROGRAM EXERCISES

ROW - SEATED WITH BUNGY

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Allow the body to rhythmically flow throughout this movement.



Movement :

- > Sit tall at the edge of a bench (as shown).
- > With the arms extended in front of the chest, row the weight towards you (as shown).
- > Return to start position.
- > TRAINERS: Allow the shoulder blades to move in accordance with the arm movement - watch and



correct for excessive rounding of the shoulders and/or forward head carriage.

FLEXION/EXTENSION W/ BAND/TUBING

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

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Preparation :

- > Stand apart from a partner as pictured in optimal alignment.
- > Stand far enough to place pre-tension on the tubing.



Movement :

- > Maintaining optimal alignment through the spine/hip/knees, alternate flexion and extension with the partner, as pictured.
- > Generate all motion from the trunk/glutes.

LATERAL ALTERNATING LUNGE WITH ROW USING TUBING

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

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Preparation :

- > Initiate a thorough dynamic warm-up prior to starting this exercise; this engages the nervous system.
- > Keep the knees slightly bent and the gaze towards the horizon.



Movement :

- > Stand tall looking straight ahead.
- > Grip the bungy handles at shoulder height.
- > Perform alternating lateral lunges with alternating high rows (as shown).
- > Pay close attention to the video to observe the relative timing of this exercise.
- > TRAINERS: If you observe the head carriage moving excessively forward, lighten the load or AVOID this exercise.



PASSES – SITTING ON STABILITY BALL WITH MEDICINE BALL

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

VIEW VIDEO

Preparation :

- > Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.



Movement :

- > Start sitting tall on the stability ball with the feet shoulder-width apart.
- > The more narrow the base of support (feet) the more difficult the exercise.
- > While maintaining proper spine angles and adequate drawing-in manoeuvre, perform a chest pass to the partner. Start with a very light medicine ball and perfect the movement before adding more load.
- > TRAINERS: If you notice that the client is not decelerating the ball effectively (they lose their balance or the ball moves excessively) regress the exercise and build more core stability before continuing.

ROW - BUNGEE TORSO ROTATION

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Maintain tall body alignment and good stability through the abdominal complex.
- > Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.
- > Ensure that the client is proficient at a '1 arm elbow draw' before prescribing this exercise.



Movement :

- > This movement involves a standing alternating bungee row with dynamic foot action.
- > Start in a tall body position, arms extended out from the chest, facing your partner.
- > Leading with a shoulder height elbow, drive the arm back, rotating through the body and hopping same side foot back (as shown).
- > Return to the starting position and alternate sides.
- > This movement should be done with a fluid side to side hopping motion, refer to the video for timing of the movement.
- > Perform the desired number of reps but NOTE that this exercise causes a lot of fatigue (you may choose a lower rep range to begin).

ROW - SPEED BUNGY STANDING (2 ARMS)

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Initiate a thorough dynamic warm-up prior to starting this exercise; this engages the nervous system.
- > Keep the knees slightly bent and the gaze towards the horizon.



Movement :

- > Stand tall looking straight ahead.
- > Grip the bungy handles at shoulder height.
- > Rapidly with rhythm, perform two arms standing rear deltoid rows (as shown).
- > Pay close attention to the video to observe the relative timing of this exercise.
- > TRAINERS: If you observe the head carriage moving excessively forward, lighten the load or AVOID this exercise.

SHOULDER EXTENSION - SUPINE ON STABILITY BALL WITH TUBING

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Position client and trainer as pictured.
- > Client's feet should be hip-shoulder width, spine in neutral.



Movement :

- > Instruct the client to extend the shoulders generating all movement from the shoulder girdle.
- > Maintain neutral spine, the only joint moving should be the shoulder.



SB PERTURBATIONS

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Maintain tall posture throughout the exercise, good stability through the abdominal complex, and neutral spine angles.
- > Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.



Movement :

- > This movement involves holding a stability ball out from the chest while a trainer taps on the ball in different patterns.

- > Stand tall with your knees slightly bent, your feet shoulder-width apart pointing straight, and your hands holding a stability ball with arms straight out from the chest (as shown).
- > The client will hold the SB still while the trainer will lightly tap the SB in different patterns (as shown in video link).
- > To increase demand, simply tap the SB with more force.
- > TRAINERS: Ensure that the client braces the abdominal complex and that taps start off light, then gradually increase as the client's ability to hold the SB still increases.

CHEST PRESS - BUNGY SPEED 2 ARM

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex and neutral spine angles.

Movement :

- > Stand tall looking straight ahead with the knees



slightly bent.

- > With the elbows high, perform two rapid arm chest presses in succession (as shown).
- > TRAINERS: Ensure the client remains tall throughout the exercise.
- > Repeat for the desired number of reps.
- > Pay close attention to the video to observe the relative timing of this exercise.

BRIDGE ON STABILITY BALL W/TRICEP MEDICINE BALL EXTENSION THROW AND CATCH

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Initiate a thorough dynamic warm up prior to starting this exercise; this engages the nervous system.



Movement :

- > Start with a supine bridge on the stability ball (SB) (for further explanation, see Bridge - Supine with Tubing on SB).
- > With the arms straight and up towards the ceiling, grasp a light medicine ball (MB) to start.
- > Lower the MB to the forehead by bending at the



elbow.

- > In an explosive movement, extend forearm up and throw the MB (as shown).
- > Allow the trainer to catch the ball and hand it back to you.
- > Repeat for the desired number of reps.

CHEST PRESS - LATERAL WALK BUNGEE ALT. PUSH

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Maintain good posture with shoulder blades retracted and depressed and good stability through the abdominal complex
- > Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.



Movement :

- > This movement involves a lateral walk with an bungee alternating press
- > This exercise requires that the trainer hold the bungee at the client's chest level (behind the client) and mirror the clients lateral walk

- > The client starts by stepping to their right (with right foot) and simultaneously performs a right arm push pattern (extending the elbow and pushing straight ahead at chest height)
- > As the right foot hits the ground, the right arm should be extended at shoulder height
- > As the left foot begins to step towards the right, the left arm performs the push pattern AS the right arm returns to the start position (as shown)
- > Repeat for desired distance and then reverse the direction of the steps (i.e. stepping to the left), using the same push technique (left arm push when left foot is stepping ... right arm push when right foot is stepping) until you return to the original position

ROTATIONAL PULL FORWARD: 2-HANDED WITH TUBING

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Position client as pictured, facing away from the resistance.

Movement :

- > Generate all motion from the trunk, rotate to the



front and press the resistance up and out.

- > Perform rotational movements only as far as the client's active range of motion allows.

STABILITY BALL KNEE KICK

Reps: -- | Sets: -- | Intensity: -- | Tempo: -- | Rest: -- | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.
- > Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.



Movement :

- > Start by hopping on one leg
- > The goal of this exercise is to use the elevated leg as a 'driver' to knee the stability ball as you jump
- > There should be movement of flexion beyond 90° and then back to approx. 90° in the elevated leg
- > Allow the hands to move freely as you perform the exercise ... the arms are a powerful aid in dynamic balance

- > Stop the exercise if you notice fatigue (such as the arms moving excessively, or the chest falling forward)

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