

RUGBY LINE OUT

POSITION

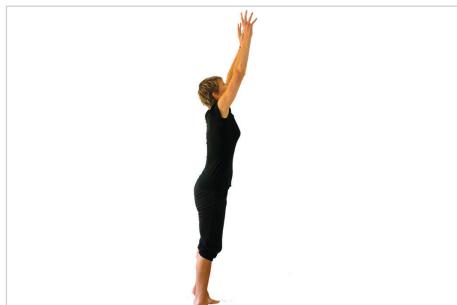
1. Feet shoulder width apart with hands on knees.
2. Raise arms behind you – as if going to jump (Step 1).
 - Butt back & weight in heels.
 - Squeeze shoulder blades together & open chest.
 - Look downwards.
3. Raise arms SLOWLY above head (Step 2).
Lift your chest upward as you look up to hands.

NUMBER

x 10



STEP 1



STEP 2

Limit movement if neck or shoulder discomfort.

Make sure:

- Step 1
 - Butt back with weight in heels.
 - Neck in line with rest of spine.
- Step 2
 - Lift your chest upwards as you look to hands.
 - Only lift arms as high as comfortable. Stop if any discomfort in your neck.

It is good for:

- Hip joint nutrition.
- Movement through lower back, hips, chest and upper back.
- Hamstring stretch.
- Re-enforcing Balance Principle
 - Butt back, weight in heels.
 - Push crates back.

Breathing:

- Breathe in as take arms behind you (Step 1). Breathe out as lift arms upwards (Step 2).