

# IWA-Sport Exercise Manual

## UPPER BODY TWIST



- ① Extend arms out straight in front of body and lock elbows.

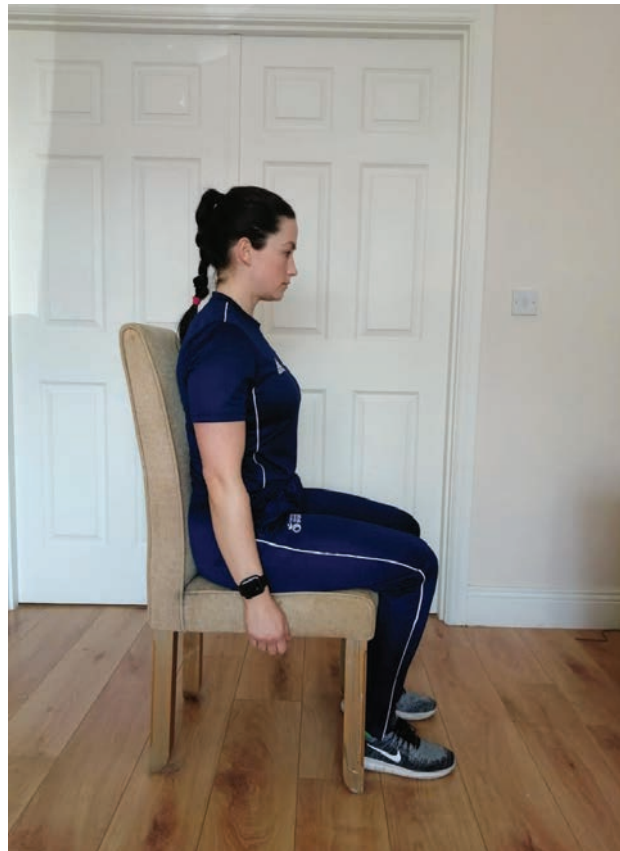


- ② Rotate as far as possible to the right whilst maintaining an up-right posture, hold for 5-seconds then repeat on left side.

**Recommended:**  
3 sets of 10 rotations  
each side

**Progression:**  
Hold weight between  
hands

# SHOULDER CIRCLES



- ① Begin relaxing arms by your side. Move both shoulders in a slow circular motion forwards up to ears, backwards and down.

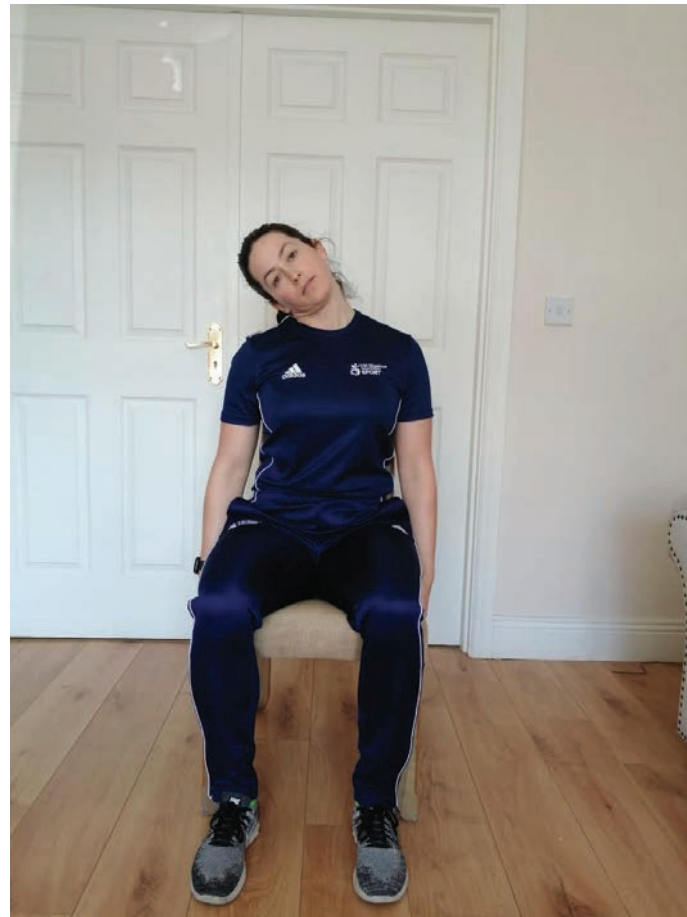


- ② Continue for 10 circles, then repeat in reverse direction.

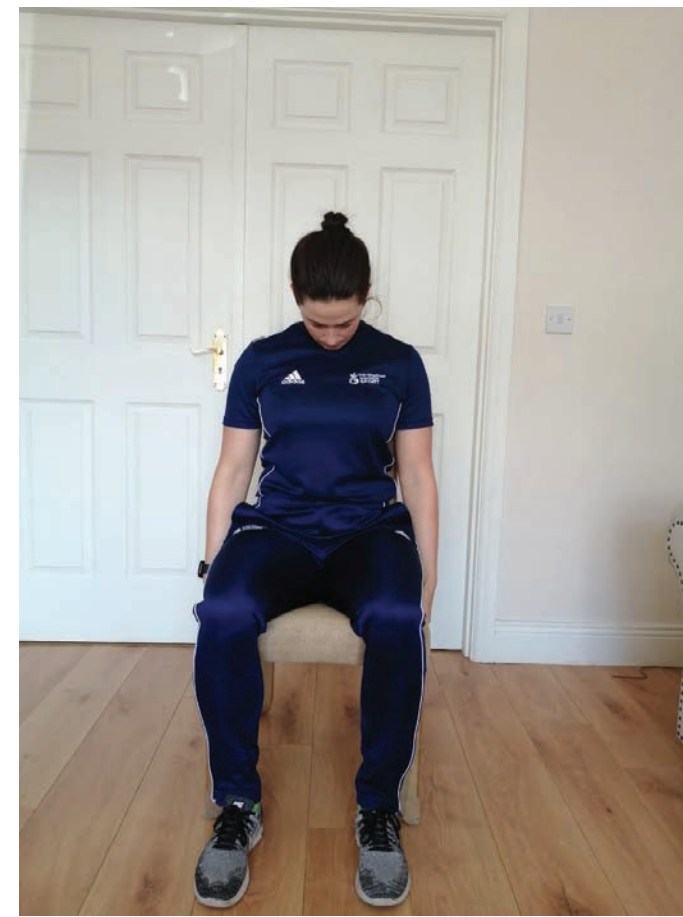
**Recommended:**  
3 sets of 10 circles each  
direction

**Progression:**  
Hold dumbbells in each  
hand

# NECK ROTATIONS



- ① Sit tall, bringing right ear to right shoulder slowly before returning to centre. Repeat on left side.

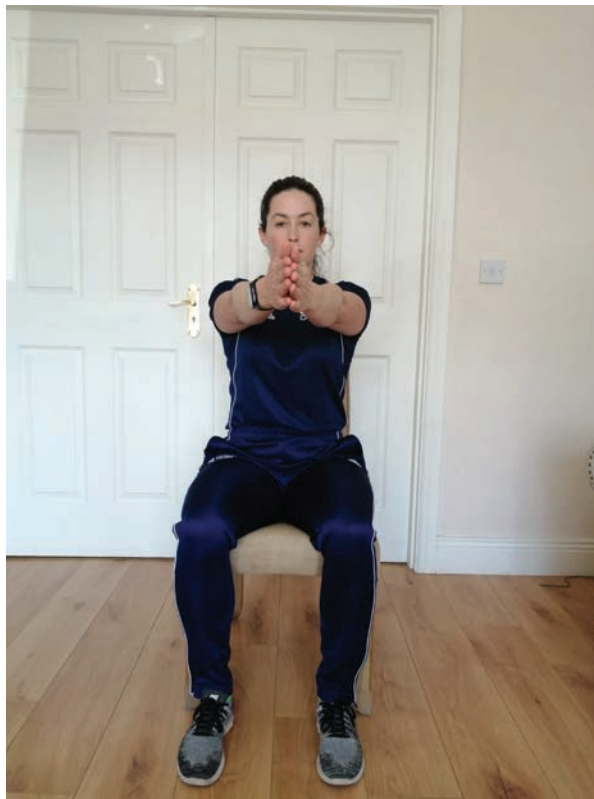


- ② Bring head back to centre before slowly lowering chin to chest.

**Recommended:**  
3 sets of 5



## UPRIGHT CHEST EXPANSION



- ① Sitting upright, extend arms out front at shoulder height, palms touching.



- ② Extend arms out to the side as far as you can

**Recommended:**  
3 sets of 15 reps

**Progression:**  
Hold dumbbells in each hand or add a resistance band/cable

## WHEEL TAPS



- ① Starting upright, reach down as far as you can to the side towards the floor.



- ② Return to upright position and repeat on the other side.

**Recommended:**  
3 sets of 10 each side

**Progression:**  
Reach with both hands

## TRICEPS EXTENSION



- ① With elbows over head, lower forearms backwards towards neck



- ② Keeping elbows in place, extend forearms above head as far as possible

**Recommended:**  
3 sets of 15

**Progression:**  
Hold weight between hands



## DIVES



- ① Begin with arms out to the side, then reach above head clasping hands together.



- ② Bring arms and head down to shoulder level, mimicing diving into a pool

**Recommended:**  
4 sets of 12

**Progression:**  
Add light weights or  
resistance band



## BICEP CURLS



- ① Position arms straight to sides, fists facing forward.



- ② Keeping elbows to the side, raise one arm until fist face shoulder. Lower to original position and repeat on other side.

**Recommended:**  
3 sets of 15

**Progression:**  
Hold dumbbell in each hand

## ARM CIRCLES



**Recommended:**  
4 sets of 12 each direction

**Progression:**  
Add light weight or  
increase sets/reps

- ① Sitting upright, raise arms to shoulder height. Rotate arms in a circular motion forwards for 12-reps. Repeat circular motion backwards for 12-reps



## ARM RAISES



- ① Sitting upright, extend arms outward at shoulder height.



- ② Raise arms above head as far as you can reach. Return to shoulder level

**Recommended:**  
4 sets of 12

**Progression:**  
Hold dumbbell in each  
hand



## AIR PUNCHES



- ① Sitting upright, raise both arms under chin, hand in a fist.



- ② Extend arm forward in a punching movement, alternating from left to right as fast as possible.

**Recommended:**  
4 sets of 12 each arm

**Progression:**  
Add light weight or  
resistance band

## OVERHEAD PUNCHES



- ① Sitting upright, raise both arms under chin, hand in a fist.



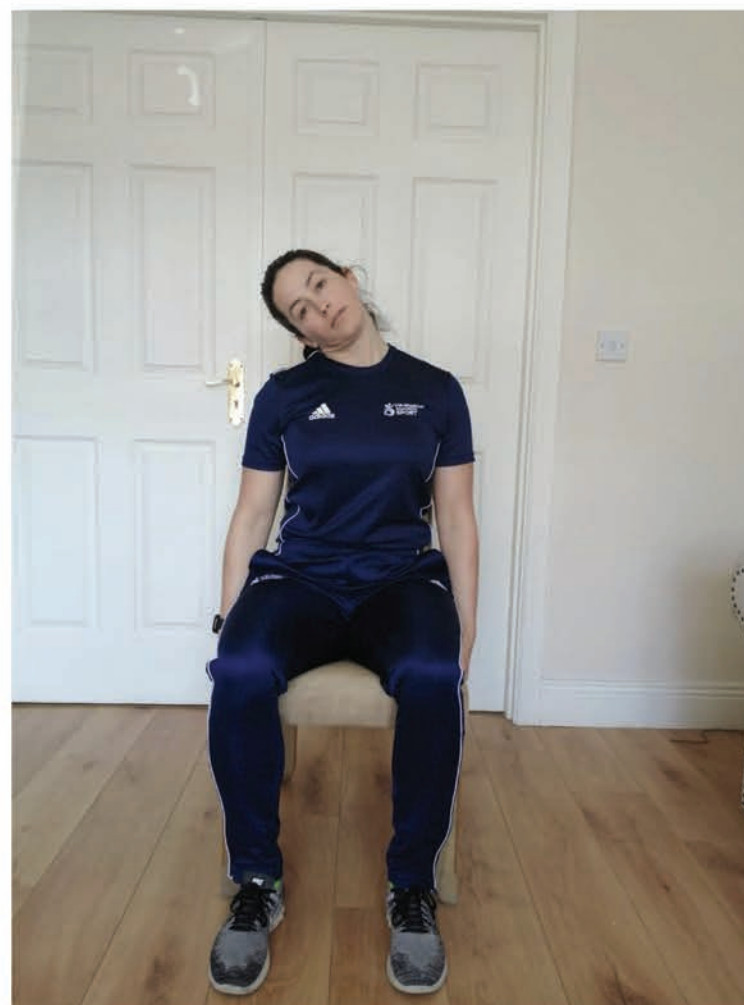
- ② Extend arm fully above head in a punching movement, alternating from left to right as fast as possible.

**Recommended:**  
4 sets of 12 each arm

**Progression:**  
Add light weight or  
resistance band



## ZOMBIE STRETCH



**Recommended:**  
Hold for 30-seconds  
each side

- ① Sit tall, bringing right ear to right shoulder holding in place before returning to centre. Repeat on left side.



## TRICEPS STRETCH



- ① Sitting upright, extend right arm up and bend to bring elbow behind head.



- ② Gently pull elbow further down until stretch is felt in back of your upper arm. Repeat on other side.

**Recommended:**  
Hold for 30-seconds  
each side

## BUTTERFLY STRETCH



**Recommended:**  
Hold for 45-seconds

- ① Sitting upright, place arms on back of head, hands interlocked. Push elbows slightly back.

## ELEPHANT STRETCH



**Recommended:**  
Hold for 30-seconds  
each side

- ① Using your left arm to hold the side of your chair, raise right hand up towards the ceiling. Slowly lean to the left and hold. Repeat on other side.



## OVERHEAD STRETCH



**Recommended:**  
Hold for 45-seconds

- ① Sitting upright, raise arms overhead with palms facing ceiling. Push arms slightly back and up.