Figure 6 The punch with step: (a) start position, (b) mid position, (c) final position.

The punch with step

Purpose: This exercise is designed to train control and stability during pushing movements (e.g. a cart, tennis forehand/serve/overhead, throwing, punching, serving/spiking a volleyball).

Starting position:
_ Standing in a semi-squat or fencer’s position by a pulley machine or with tubing in your hand.
_ The tubing or cable should be at or slightly above shoulder height.

Exercise:
_ Starting with light to medium resistance perform scapular setting (pulling your shoulder back and down).
_ Balance on your leg nearest to the pulley/tubing and turn your body towards the apparatus (see Fig. 6a).
_ Gradually turn your hips and body away from the apparatus as you move your arm across your body (see Fig. 6b).
_ Finish the movement by turning your hips and throwing your hand forward while keeping your weight evenly balanced over both feet (see Fig. 6c).
_ Try to feel a stretch in the front of your back hip.
_ Modifications: place the tubing or cable at waist height to train the tennis forehand; slightly overhead for tennis serve/overhead, throwing or serving/spiking in volleyball.