



**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.