

Partner Push – Pull

Partner Push – You will need a partner, and a wooden stick (broom stick). Your partner should hold the stick with a wide grip. You should hold the stick with a close, reverse grip (palms up). You should then lower yourself until your knees bend to about 90°. Then drive your partner backward as quickly as possible. Take short, choppy steps and stay low! Your partner should hold his ground, and make it difficult for you to push. Push your partner about **10 yards**.

Partner Pull – You will need a partner, and an elastic band or rope. You should wrap the band around your waist and your partner should hold both ends in his hands behind you. You should then lean forward and sprint as fast as possible. You should emphasize driving your knees up to your chest and keeping your toes up. Your partner should hold his ground and make it difficult for you to pull. Pull your partner about **20 yards**.