

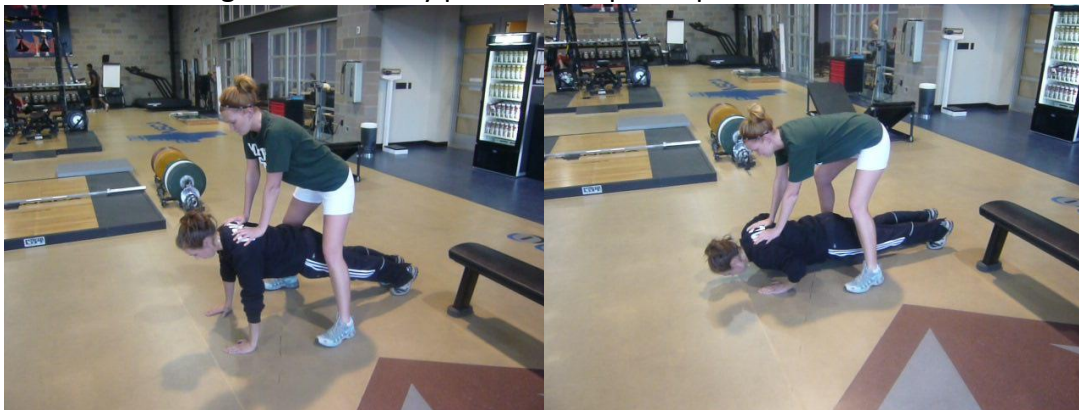
## Upper-Body Manual Resistance Exercises

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Resistance training with a large group of athletes can be very challenging, especially when you have limited on equipment, time and space. However, manual resistance exercises can be performed anywhere with no more equipment than two athletes and a towel. The following are a few examples of manual resistance exercises that can be used by teams after practice quickly and easily with minimal space needed.

### Partner Resisted Push-Up

Instruct one athlete to assume a push-up position and the other teammate to place their hands on that athlete's shoulder blades. As the athlete performs the push-up, their teammate can apply the appropriate amount of resistance using their bodyweight to resist the working athlete as they perform the push up.



### Towel Rows

Sit on the floor facing your partner with the feet touching. The knees should be slightly bent, with the torso upright and stable. Both players should grasp the towel. One player should bend the arms pulling the side of the towel as close to their body as possible while the other partner arms are extended. The partner with their arms extended will begin the exercise by pulling the shoulder blades together, keeping the arms close to the body and pulling the towel toward their torso. Simultaneously their partner will provide resistance to this movement in order to challenge the partner pulling the towel. Once the row has been completed the partners will switch rolls with the other partner resisting while the other pulls. Enough resistance should be applied, so that it is challenging, but not impossible to perform 10-12 repetitions. Continue performing this movement in a controlled manner and repeat this exercise until the desired number of repetitions has been achieved. These exercises can be performed 2-3 times per week on non-consecutive days to improve upper-body strength.

