



Improve Your Lawn Bowls Delivery

Develop your strength, mobility and balance. This will help with your bowls delivery.

Try to perform these exercises ***twice a week on non-consecutive days***.

See if you can do some other form of exercise during the week as well such as walking, swimming, cycling or gardening etc. This will help to improve your fitness and reduce the impact of fatigue on your game.

Ideas for weighted objects include: a backpack/sturdy shopping bag and fill it up with books etc, tins of beans, water bottles.

Exercise 1: *Step and lunge*

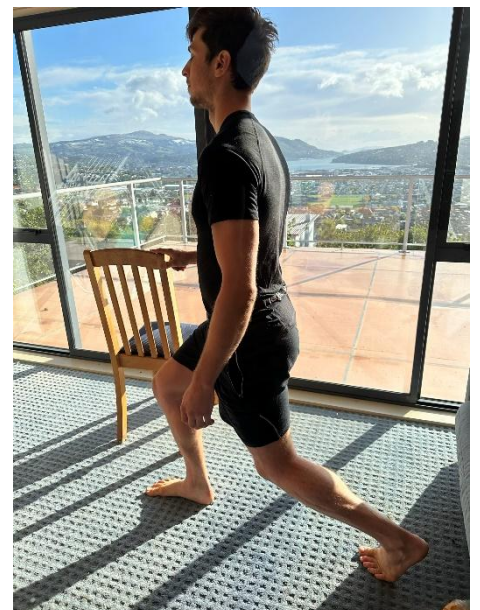
Aim for **8-10 repetitions**, rest a minute or until you feel ready and repeat 3 lots in **total** on both sides.

- Take support from a sturdy object if required.
- Step forward with 1 leg and bend both knees and try to keep your back upright. Start with a little bend and overtime try to go further down.
- Then push back with your front leg to return to your starting position.
- Perform on both sides

(if too challenging then perform with sitting to standing from a chair).

Progression 1: perform without support and alternating each leg.

Progression 2: hold onto a heavy object across your chest or have one in both arms.



Exercise 2: *Hinge and lift*

Aim for **8-10 repetitions**, rest a minute or until you feel ready and repeat **3 lots in total** on both sides.

- Have a chair in front of you and stand over it with your feet about hip width apart.
- Hold onto a weighted object and hinge at your hips. Then stand up tall whilst keeping your arms straight throughout the movement.
- Return slowly to the starting position. Let the weight touch the chair and repeat with slightly bent knees.

Progression 1: Instead of a chair have the weight on a lower object like a step, which encourages you to bend more.

Progression 2: Lift a heavier object.



Exercise 3: *Balance*

Aim to try to balance for **5-15 seconds** then swap legs **and repeat 3 lots in total** on both sides.

- Stand in front of a sturdy support e.g chair or bench. Take support if required or hover your hands so that you can regain your balance when required.
- Have your feet in a tandem position with one heel touching the toes of the other foot.
- Swap positions of your feet.

Progression 1: Stand just on 1 leg

Progression 2: Stand on a cushion or towel (bit more wobbly so do in front of a sturdy object).



‘Reignite Physio is proud to support supporting all Dunedin Lawn Bowl’s Clubs with discounted ACC physio and post knee or hip replacement packages.’

Book now: reignitephysio.co.nz or phone 02885162462

Disclaimer- *These exercises are a recommendation but are to be performed at your own risk. Reignite Physio accepts no liabilities from any harm caused.*