

# NORDIC CURLS



This exercise improves functional strength, stability, power and mobility in the lower body.

# COACHING POINTS

---

Partner up, kneel one behind the other and facing the same direction

Rear partner places hands on partner's lower legs

Front partner slowly leans forwards from the knees

Keep **shoulder**, **hip** and **knee** in-line with hands by side

**Control** lower as far as possible then fall onto hands

Push up with arms to return to start.

