



## SAFE 'SIX' INJURY PREVENTION EXERCISES

The BokSmart Safe 'Six' is built around 'Six' injury prevention exercises that with a little bit of practice, anyone can do, anytime and anywhere. The tackle phase is the main cause of most rugby injuries. The BokSmart Safe 'Six' therefore targets those areas of the body that are frequently injured in the tackle. Minimum time and no equipment are needed. Do not rush it! Rest 30 seconds between each set and each exercise and focus only on good technique. Repeat the circuit twice at each session and follow the Safe 'Six' routine a minimum of three times a week. This should be seen as an addition to normal training and should not take more than 15-20 minutes. If doing this separate from your rugby sessions, do some light jogging for a minute or two to warm-up for before starting the routine. This can also be done as part of your warm-up before a rugby training session.

# 1. THE 'SIX'-METER SHUTTLE-RUN

(BENEFITS FOR DYNAMIC HIP, ANKLE AND KNEE STABILITY)

Measure out a distance of approximately 6 m, with 1 m interval markings. Running at three-quarter pace, run 6 shuttles (there and back), progressing each new shuttle by 1 m to a maximum of 6 m for the last return shuttle run. Alternate your turning foot at each end of each shuttle. Maximum distance covered = 42 m per set. Perform two sets, before moving onto the next exercise.

START → 1M  
START ← 1M  
START → 2M  
START ← 2M  
START → 3M  
START ← 3M  
START → 4M  
START ← 4M  
START → 5M  
START ← 5M  
START → 6M  
START ← 6M



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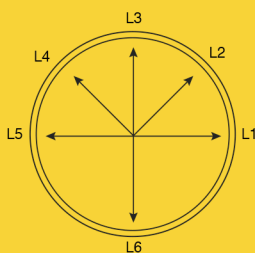
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## 2. THE 'SIX'-POINT LUNGE

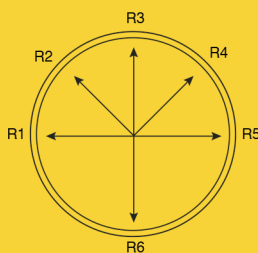
(BENEFITS FOR HIP, PELVIS, KNEE AND ANKLE, STRENGTH AND STABILITY)

Starting in the middle, with hands on hips, and leading with your left foot, lunge towards the L1 position, drop down and hold this position briefly, then push back to the start. Next, lunge to the L2 position, drop down, hold briefly then push back. Continue this pattern up to the L6 position with the left foot leading. Keep shoulders and hips square to the front. Once completed with the left foot, then lead with the right foot, and follow the R1 – R6 movement pattern. Keep the back foot or non-leading foot planted or fixed throughout

LEFT LEG LEAD (L1-L2-L3-L4-L5-L6)



RIGHT LEG LEAD (R1-R2-R3-R4-R5-R6)



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### **3. THE BUTT-SMART 'SIX'** (BENEFITS FOR GLUTES, LOWER BACK, HAMSTRINGS AND CORE, STRENGTH AND STABILITY)

Get into a kneeling position with arms folded across the chest. Have a partner hold your lower legs in place by applying downward pressure onto your ankles. Tighten your Glutes and Hamstrings and do not bend forward in the hips. Keeping your back stiff and straight throughout, gradually lean forward and resist the falling down movement as long as possible. When you can no longer resist your fall, catch yourself, and fall down into a press-up position. Push yourself back up to where you can tighten the Hamstrings and Glutes to actively lift and bring yourself back to the start position. Repeat six times.

**01**



**02**



**03**



**04**



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## 4. THE 'SIX'-ON-A-SIDE PUSH-UP AND TWIST (BENEFITS FOR SHOULDER, SPINAL CONTROL AND CORE, STRENGTH AND STABILITY)

Complete a push-up with the hands placed slightly wider than the shoulders. Maintain a straight body without arching or bending in the lower back. At the end of the push-up, balance on one arm, twist and rotate the upper-body and leading arm slowly away from the supported side with the hand pointing towards the sky. Alternate between left and right sides. Perform 12 reps, 6 on each side.



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### **5. THE 'SIX'-BOK LUNGE** (BENEFITS FOR HIP, PELVIS, KNEE AND ANKLE, STRENGTH AND STABILITY)

Stand upright with the hands held behind the head. With your hips level and back straight, lunge forward with the left leg. At the end of the lunge, push up with the front left leg, and bring your back right leg through while lifting the right knee. Hold this position briefly and with control, reverse the movement back to the start. Alternate between left and right leading legs. Perform 12 reps, 6 on each leg.



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### **6. 'SIX' DYNAMIC REACHES**

*(BENEFITS FOR SHOULDER, HIP, SPINE, PELVIS, LOWER BACK, KNEE AND ANKLE, STABILITY, BALANCE AND CONTROL)*

Balance on the left leg while keeping this left leg slightly bent at the knee. Lean slowly forward, reaching as far as you can with both arms and not losing balance; chest facing the ground at all times. At the same time as leaning forward, lift the back right leg up to form a straight line with the upper body, while keeping the hips square to the ground. Hold this position for six seconds. Alternate left and right legs between reps. Perform 6 reps, 3 on each side.



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