

1. Ankle mobility

♦ 3 x 30 seconds

- Purpose: To improve ankle flexibility
- Start in lunge position
- Position the elastic band just above your ankle joint
- Move knee slowly forwards and backwards
- 3 x 30 seconds

2. Hip flexor stretch

♦ 3 x 5-8 repetitions

- Purpose: To improve hip flexibility
- Move weight slowly forwards
- Keep upper body straight
- Lean your upper body to the same side as your front foot
- 3 x 5-8 repetitions

3. Hamstrings stretch



- Purpose: To improve hamstring flexibility
- Hold behind your thigh
- Straighten your knee as far as possible
- Keep your ankle relaxed throughout the exercise



4. Pelvic lift

Ŏ 2-3 x 6-8 repetitions

- Purpose: To improve low back and pelvis control
- Lie on your back with bent knees
- The hips and knees should remain 90 degrees throughout the whole exercise
- Lift up your pelvis
- 2-3 x 6-8 repetitions

5. Rotation

♦ 3 x 20 seconds

- Purpose: To improve back flexibility
- Start in a 4-point kneeling position
- Rotate one arm at a time
- Keep your eyes on your hand during the exercise
- 3 x 20 seconds



6. Leg curl

♦ 3 x 8–16 repetitions

- Purpose: To improve control of the hips, pelvis and low back
- Lift up your pelvis and extend your hips
- Slowly roll the ball towards you by bending your knees
- Roll the ball backwards until your knees are extended
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8-16 repetitions

7. Jumping lunges

- Purpose: To improve hip and knee control
- Start in a lunge position with knees bent to 90°
- Jump directly to the same position on the other side
- Land softly, keeping your knees aligned with your toes 3 x 8-16 repetitions



8. Wheelbarrow

- Purpose: To improve strength and control in the trunk and shoulders
- Start in a plank position
- Partner holds your ankles
- Walk forwards and backwards on your hands
- Maintain a neutral back position throughout the exercise
- 3 x 30 seconds









1. Ankle mobility

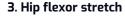
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- · Purpose: To improve hamstring flexibility
- Hold behind your thigh
- · Straighten your knee as far as possible
- · Keep your ankle relaxed throughout the exercise
- · 3 x 5-8 repetitions





- · Purpose: To improve hip flexibility
- · Move weight slowly forwards
- · Keep upper body straight
- · Lean your upper body to the same side as your front foot
- · 3 x 5-8 repetitions





- · Purpose: To improve back flexibility
- · Start in a 4-point kneeling position
- · Rotate one arm at a time
- · Keep your eyes on your hand during the exercise
- · 3 x 20 seconds

5. Side hold +



- · Purpose: To improve hip and trunk strength
- · Support yourself on your elbow and lift your body
- $\cdot\quad$ Your body should be in a straight line
- · Lift your top leg as high as possible
- · Lower your body to the start position between repetitions
- · 3 x 30 seconds



♦ 3 x 8–16 repetitions

- $\cdot\quad \text{Purpose: To improve control of the hips, pelvis and low back}$
- Lift up your pelvis and extend your hips
- · Slowly roll the ball towards you with one leg by bending your knee
- Roll the ball backwards until your knee is extended
- Keep your lower back and pelvis stable throughout the movement

7. Push up

- · Purpose: To improve upper body strength and shoulder stability
- Perform push ups
- · At the top, keep elbows straight and push upper back as high as possible
- 3 x 8-16 repetitions





- Purpose: To improve hip and knee control
- Jump sideways from a box
- $\cdot \hspace{0.1in}$ Land with good alignment through the hip, knee and ankle
- Use your arms to generate momentum
- Progression: Jump further away from the box
- · 3 x 8-16 repetitions





















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- · Keep your ankle relaxed throughout the exercise
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3. Hip flexor stretch

♦ 3 x 5-8 repetitions

- · Purpose: To improve hip flexibility
- · Move weight slowly forwards
- · Keep upper body straight
- · Lean your upper body to the same side as your front foot
- · 3 x 5-8 repetitions



4. The diver

♦ 3 x 8–16 repetitions

- · Purpose: To improve trunk control and hamstring strength
- · Balance on one leg, with your knee slightly bent
- $\cdot\quad \text{Tilt your upper body forwards from the hip}$
- \cdot Keep your head, back and opposite leg in a straight line
- · Raise your arms overhead
- · Progression: Hold a medicine ball or dumbbell
- · 3 x 8-16 repetitions



5. Leg curl +

∃ x 8–16 repetitions

- Purpose: To improve control of the hips, pelvis and low back
- · Lift up your pelvis and extend your hips
- · Slowly roll the ball towards you with one leg by bending your knee
- \cdot $\,$ Roll the ball backwards until your knee is extended
- · Keep your lower back and pelvis stable throughout the movement



6. Rotation

- · Purpose: To improve back flexibility
- · Start in a 4-point kneeling position
- · Rotate one arm at a time
- \cdot $\,$ Keep your eyes on your hand during the exercise
- · 3 x 20 seconds



7. Sideways box jump

♦ 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- · Jump sideways from a box
- Land with good alignment through the hip, knee and ankle
- · Use your arms to generate momentum
- · Progression: Jump further away from the box
- · 3 x 8-16 repetitions



8. Wheelbarrow +

♦ 3 x 30 seconds

- Purpose: To improve strength and control in the trunk and shoulders
- Start in a plank position
- · Partner holds your ankles
- Partner lets go of one leg at a time
- Maintain alignment through your body
- · 3 x 30 seconds

