



## 1. Leg cross supine

🕒 2–3 x 6–8 repetitions

- Purpose: To enhance back and hip mobility
- Keep both shoulders firmly down
- Swing straight leg slowly to opposite hand
- Increase challenge by extending your legs
- 2–3 x 6–8 repetitions



## 2. Legg cross prone

🕒 2–3 x 6–8 repetitions

- Purpose: To enhance back and hip mobility
- Keep both shoulders firmly down
- Take one foot towards the opposite hand
- Alternate legs
- 2–3 x 6–8 repetitions



## 3. Gluteal stretch

🕒 2 x 8 repetitions for 3–4 sec each

- Purpose: To improve hip flexibility
- Start in a plank position
- Place one foot between just behind the opposite hand, then move your weight backwards
- Lower your hips, keeping them parallel with the floor
- Variation: Change the angle of knee flexion
- 2 x 8 repetitions for 3–4 sec each



## 4. Kneeling lunge

🕒 2–3 x 6–8 repetitions

- Purpose: To improve hip mobility
- Place one foot forward, keeping the knee over the heel
- Keep your back straight and push your hips forwards
- Your hips should be in front of your belly button
- Perform the same movement to the side and diagonally backwards, keeping your hips parallel
- 2–3 x 6–8 repetitions



## 5. Bow and arrow

🕒 3 x 8–16 repetitions

- Purpose: To enhance shoulder control
- Keep elbow in shoulder height during the pull
- Stretch the elastic by drawing your shoulder back and rotating your trunk
- Move slowly back to start position
- 3 x 8–16 repetitions



## 6. Figure of 8 arm swing

🕒 3 x 30 seconds

- Purpose: To enhance shoulder mobility
- Swing arms in figures of 8, keeping hips stable
- Relax as much as possible during exercise
- 3 x 30 seconds



## 7. Pelvic control +

🕒 3 x 8–16 repetitions

- Purpose: To enhance pelvic control and strengthen lower back
- Lift up your pelvic
- Extend your legs in turn
- Hold your pelvic lifted up during the exercise
- 3 x 8–16 repetitions



## 8. Single-leg squat in forward bend

🕒 2–3 x 6–8 repetitions

- Purpose: To strengthen the gluteal and thigh muscles and improve balance
- Return explosively to start position
- 2–3 x 6–8 repetitions



## 9. Shuffle

🕒 3 x 10–15 repetitions

- Purpose: To strengthen the trunk
- Lift up pelvic
- Contract belly muscles and rotate forwards
- 3 x 10–15 repetitions





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## 4. Sidelying rotation

🕒 2-3 x 6-8 repetitions

- Purpose: To improve spinal flexibility
- Lie on your side with the top leg and both arms outstretched
- Rotate spine then stretch out your shoulder then elbow
- 2-3 x 6-8 repetitions



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- Keep your back straight and push your hips forwards
- Your hips should be in front of your belly button
- Perform the same movement to the side and diagonally backwards, keeping your hips parallel
- 2-3 x 6-8 repetitions



## 6. Single-leg squat in forward bend

🕒 2-3 x 6-8 repetitions

- Purpose: To strengthen the gluteal and thigh muscles and improve balance
- Lift one leg until the thigh is horizontal
- Tilt your upper body forward and perform a single-leg squat
- Return explosively to start position
- 2-3 x 6-8 repetitions



## 7. Stand up +

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the trunk and hamstrings
- From kneeling position
- Extend your hips and raise up
- Pull in the elastic band to full arm extension
- Alternate your step up legs
- 3 x 8-16 repetitions



## 8. Single-leg squat in forward bend +

🕒 2-3 x 6-8 repetitions

- Purpose: To strengthen the gluteal and thigh muscles and improve balance
- Single-leg squat
- Return explosively to start position, lifting the opposite thigh to horizontal
- 2-3 x 6-8 repetitions



## 9. Trapeze

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the trunk and hamstrings
- Lean backwards to simulate position in boat
- Find neutral pelvic position
- Extend hips and lift up upper body
- 3 x 8-16 repetitions





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- Purpose: To enhance pelvic control and strengthen lower back
- Lift up your pelvic
- Extend your legs in turn
- Hold your pelvic lifted up during the exercise
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- Purpose: To strengthen the trunk and hamstrings
- Lean backwards to simulate position in boat
- Find neutral pelvic position
- Extend hips and lift up upper body
- Rotate trunk with arms crossed over your chest, then overhead
- 3 x 8–16 repetitions

