

1. Prone leg cross

🕒 2–3 x 6–8 repetitions

- Purpose: To improve hip and back flexibility
- Keep both shoulders firmly on the floor
- Cross one knee toward the opposite hand
- Progression: Perform with straight legs
- 2–3 x 6–8 repetitions



2. Supine leg cross

🕒 2–3 x 6–8 repetitions

- Purpose: To improve hip and back flexibility
- Keep both shoulders firmly on the floor
- Cross one knee toward the opposite hand
- Progression: Perform with straight legs
- 2–3 x 6–8 repetitions



3. Kneeling lunge

🕒 3 x 8–16 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
- 3 x 8–16 repetitions



4. Jump with 90 degree turn

🕒 10 jumps in each direction

- Purpose: To improve technique for jumping on and off rails
- Jump onto a mat, turning 90 degrees in the air
- Land softly with your knees over your toes
- Land in the same spot every time
- Include a ball to increase challenge
- 10 jumps in each direction



5. Triple extension

🕒 3 x 8–16 repetitions

- Purpose: To enhance strength in the abdomen and the back
- Extend upper body
- Throw the ball explosively overhead
- Stabilise in final position with knee over toe alignment
- 3 x 8–16 repetitions



6. Overhead shoulder strength

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulder and upper back
- Stretch the elastic diagonally upwards using two straight arms
- As you reach the top, rotate your trunk and pull your shoulder blade back
- Return slowly using one arm only
- 3 x 8–16 repetitions



7. Rotational strength

🕒 3 x 8–16 repetitions

- Purpose: To improve rotation strength
- Stand with your feet shoulder-width apart
- Keep your arms straight
- Your partner resists while you rotate
- Take turns with your partner to rotate
- 3 x 8–16 repetitions



8. Upper back mobility

🕒 3 x 10–15 repetitions

- Purpose: To enhance back mobility
- Move upper body slowly backwards in hyper extension
- Maintain full contact with lower back
- 3 x 10–15 repetitions



9. Sleepers stretch

🕒 3 x 30 seconds

- Purpose: To improve shoulder mobility
- Sidelying position
- Place shoulder in about 90 degrees
- Press underarm downwards
- Shoulder rotates inwards
- 3 x 30 seconds



1. Sidelying rotation

🕒 2–3 x 6–8 repetitions

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



2. Wrist flexion + extension

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen forearm muscles
- Flex and extend your wrist
- Control up/downwards movement
- 3 x 8–16 repetitions



3. Elbow pronation + supination

🕒 3 x 8–16 repetitions

- **Purpose:** Improve forearm strength
- Hold elastic tight with the palms down
- Slowly turn your palms upward, further tightening the elastic
- Slowly turn your palms downward, further tightening the elastic
- 3 x 8–16 repetitions



4. Box jumps

🕒 3 x 30 seconds

- **Purpose:** To enhance explosivity in changes of direction
- 2-leg jumps in different directions
- Soft landings with knee over toe
- Try to time your landing on a pre-defined spot
- 3 x 30 seconds



5. Forward lunges with rotation

🕒 3 x 8–16 repetitions

- **Purpose:** To improve rotational flexibility and hip and knee control
- Forward and backwards lunges
- Rotate upper body with arms straight
- Keep knee over toe
- 3 x 8–16 repetitions



6. Kneeling rotational throwing

🕒 3 x 8–16 repetitions

- **Purpose:** To improve rotation strength
- Kneel with extended hips and a straight back
- Throw a weighted ball explosively by rotating your trunk
- 3 x 8–16 repetitions



7. Triple extension

🕒 3 x 8–16 repetitions

- **Purpose:** To enhance strength in the abdomen and the back
- Extend upper body
- Throw the ball explosively overhead
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8. Shoulder external rotation

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the shoulder external rotator muscles
- Start with your shoulder elevated to 90° and your elbow flexed
- Straighten your back and pull your shoulder blade back and down
- Stretch the elastic by rotating your shoulder backwards as far as possible
- Your upper arm should not move from its original position throughout the whole exercise
- 3 x 8–16 repetitions



9. Y exercise

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low
- Keep your arms straight
- In the end position pull shoulder blades back and down
- 3 x 8–16 repetitions



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