

1. Active stretch routine

🕒 3 x 6–8 repetitions

- **Purpose:** To improve flexibility in the back, hips and hamstrings muscles
- **Prone and supine crossover:** Keep your shoulders on the floor
- **Hip flexor stretches:** maintain a neutral spine and push you hips forward
- **Downward-facing dog:** Keep your knees straight and maintain a neutral spine
- 3 x 6–8 repetitions



2. Shoulder circles with elastic

🕒 3 x 8–16 repetitions

- **Purpose:** To improve shoulder flexibility
- **Make large circles** with your arms
- **Keep your elbows straight** and maintain tension in the elastic
- **All movement should come from the shoulders**
- 3 x 8–16 repetitions



3. Leg extension

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip and spine control
- **Kneel on all fours**
- **Hold an elastic between your hand and foot**, looping around the opposite knee
- **Extend your leg straight out behind you**
- **Maintain a neutral spine** throughout the whole movement
- 3 x 8–16 repetitions



4. Supine bridge

🕒 3 x 8–16 repetitions per each side

- **Purpose:** To strengthen the gluteal and hamstrings muscles
- **Lie on your back** with your heels on a low box
- **Lift you hips** until your body is aligned from shoulder to ankle
- **Maintain a neutral spine** throughout the whole movement
- **Progression:** Perform the exercise with one leg at a time
- **Alternative:** Rotate your foot in different directions
- 3 x 8–16 repetitions per each side



5. Arm raise + bow and arrow

🕒 3 x 30 seconds per exercise

- **Purpose:** To improve hip, trunk and shoulder flexibility
- **Keep both hips facing forward**
- **Stretch the elastic** as you lift it up to shoulder height
- **Step forward**, fully rotate your trunk and open your chest and shoulders
- **Maintain a neutral curve** in your low back
- 3 x 30 seconds per exercise



6. Single-leg pelvic rotation

🕒 2–3 x 6–8 repetitions

- **Purpose:** To improve pelvic and low back control
- **Keep standing leg straight**
- **Lift knee of free leg**
- **Perform isolated pelvic rolls**
- **Maintain wall contact** with upper back and butt
- 2–3 x 6–8 repetitions



7. Sitting hamstrings stretch

🕒 3 x 6–8 repetitions

- **Purpose:** To increase hamstring muscle flexibility
- **Sit on a box** with a straight upper body
- **Straighten one leg** in front of you and bend forward from the hips
- **Maintain a neutral spine** throughout the exercise
- **Hold for approx. 5 seconds**
- 3 x 6–8 repetitions



8. Step ups in cycling position

🕒 2–3 x 8–16 repetitions

- **Purpose:** To improve hip and knee control
- **Lean forward** in a cycling position with one foot on a bench
- **Perform step ups** maintaining your back and pelvic position
- **Keep your knee aligned** over your toes
- 2–3 x 8–16 repetitions



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2. Bridge shoulder stretch

🕒 3 x 30 seconds

- **Purpose:** To improve shoulder flexibility
- **Begin the movement** by arching your back and lifting your chest
- **Lift your hips** into a bridge position
- **Keep your body** aligned from knees to shoulders
- **Make small movements** forwards and backwards to stretch your shoulders
- **Progression:** Lift one hand and make a large circle by rotating your trunk
- 3 x 30 seconds



3. Pelvic control

🕒 3 x 30 seconds

- **Purpose:** To improve pelvic control
- **Kneel on all fours**
- **Keep your spine** still as you roll your pelvis forwards and backwards
- 3 x 30 seconds



4. Kneeling Y exercise

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the shoulders and upper back
- **Lift both arms** overhead, keeping your elbows straight
- **Sweep your hands** downwards to the side of your body
- **Return slowly** in the opposite direction
- **Progression:** Kneel on an unstable surface
- 3 x 8–16 repetitions



5. Pelvic control +

🕒 3 x 8–16 repetitions

- **Purpose:** To improve control of the pelvis and low back
- **Lie on a box or bench** with your pelvis hanging over the edge
- **Straighten one leg**, maintaining a neutral spine position
- **When your leg is outstretched**, perform 3 small pulses moving from the hip
- **Advanced progression:** Perform with both legs together
- 3 x 8–16 repetitions



6. Hip thrusts

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip and low back control
- **Start on both knees** with your hands behind your head
- **Drive your hips** forwards and upwards
- **Lift your arms** overhead in one drive
- **Maintain a neutral spine** position throughout the movement
- **Progression:** Take one foot forward to finish in a lunge position
- 3 x 8–16 repetitions



7. Active hip flexor stretch

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip flexibility and pelvic control
- **Place one foot** in front of you as you drive your hips forwards and upwards
- **Simulate a running** movement with your arms
- **Maintain a neutral spine** position throughout the movement
- **Alternate sides**
- 3 x 8–16 repetitions



8. Diagonal rotations

🕒 As many as possible with good control

- **Purpose:** To improve hip and spine control
- **Perform a small single-leg** squat and rotate towards the standing leg
- **Rotate fully** in the opposite direction as you stand up, lifting the broomstick overhead
- **Take your knee** out to the side
- **Lean backwards** in the final position
- **As many as possible** with good control



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- 3 x 6–8 repetitions



2. Reverse sit-up

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the upper back and shoulders
- **Sit with your arms outstretched overhead**
- **Hold an elastic in each hand**
- **The elastic should be attached high on the wall**
- **Sit backwards slowly maintaining a neutral spine**
- 3 x 8–16 repetitions



3. Single-leg pelvic rotation

🕒 2–3 x 6–8 repetitions

- **Purpose:** To improve pelvic control
- **Lean against a wall and lift one knee until your thigh is horizontal**
- **Rotate your pelvis forwards and backwards**
- **Keep the middle of your back still and relaxed**
- **Maintain both legs in the same position throughout the exercise**
- **Keep your standing leg straight**
- 2–3 x 6–8 repetitions



4. Calf stretch + hip thrust

🕒 3 x 8–16 repetitions on each side

- **Purpose:** To improve ankle and hip flexibility
- **Start with a straight-knee calf stretch**
- **Raise up on your toes**
- **At once, lift your opposite knee and push your hip forwards**
- 3 x 8–16 repetitions on each side



5. Single-leg forward bend variations

🕒 As many as possible with good control

- **To improve control of the hip, knee and ankle**
- **Stand on one leg holding a broomstick**
- **Rotate your trunk away from the standing leg**
- **Bend forward from the hips and perform a small single-leg squat**
- **Rotate your trunk in the opposite direction and repeat**
- **Maintain a neutral spine throughout the whole movement**
- **As many as possible with good control**



6. Single leg hop

🕒 3 x 30 seconds per exercise

- **Purpose:** To improve hip, knee and ankle control
- **Perform small single-leg hops with good hip pelvic control**
- **Generate power from the ankle, keeping your knee stiff**
- **Rotate your hip inwards and outwards, and move sideways as you hop**
- 3 x 30 seconds per exercise

