

## 1. Hip flexor stretches

🕒 8 repetitions per side - hold each stretch for 4 sec

- Purpose: To improve hip flexibility
- 1. Stretch hip flexors in a kneeling lunge
- 2. Take a large step forward with one leg from a plank position
- 3. Lift from a kneeling to a standing lunge
- 8 repetitions per side - hold each stretch for 4 sec



## 2. Supine leg lowering

🕒 3 x 10–30 repetitions

- Purpose: To strengthen the abdominal muscles
- Lie on your back with your hips and knees bent and your arms overhead
- Slowly lower one leg at a time towards the floor
- Maintain a neutral spine throughout the movement
- Progression: Perform with 2 legs at a time, or hold an elastic between your feet
- 3 x 10–30 repetitions



## 3. Squat +

🕒 3 x 8–16 repetitions

- Purpose: To develop good squat technique
- Keep your feet hip width apart
- Start the movement from the hip
- Keep your knees aligned with toes
- Place an elastic band across your knees and feet
- Don't let your knees to buckle inwards
- 3 x 8–16 repetitions



## 4. Pelvic control in kneeling

🕒 3 x 30–60 seconds

- Purpose: To improve control of the low back and pelvis position
- Start on all fours
- 1. Roll your pelvis backwards and forwards using your low back, without moving the rest of your spine
- 2. Lift one arm while holding a neutral spine position
- 3. Lift one arm and the opposite leg while holding a neutral spine position
- Progression: Perform the exercises with the knees off the floor
- 3 x 30–60 seconds



## 5. Shoulder stretch

🕒 3 x 30 seconds

- Purpose: To improve shoulder flexibility
- Kneel with your elbows on a box in front of you
- Hold a broomstick with your palms up and elbows bent to 90 degrees
- Stretch your shoulders by sitting back on your heels and pushing your chest towards the floor
- 3 x 30 seconds



## 6. Wrist flexibility

🕒 3 x 20–30 repetitions

- Purpose: To improve wrist flexibility
- Kneel on all fours with your fingers pointing forwards
- Lean forwards over your hands to stretch your wrists
- When you return to the start position, lift your fingers off the floor
- Progression: Perform the exercise in a plank position
- 3 x 20–30 repetitions



## 7. Wall slides

🕒 3 x 8–16 repetitions

- Purpose: To improve shoulder and upper back flexibility
- Stand with your back against a wall, with your hips and knees slightly bent
- Start by bending your neck and upper back forwards
- Leading with your elbows, rotate your shoulders outwards, straighten your back and place your head on the wall
- Lift your arms overhead, keeping your elbows, head and back against the wall
- Bend forward and return to the start position
- 3 x 8–16 repetitions



## 8. Plank series

🕒 3 repetitions

- Purpose: To improve shoulder strength and stability
- Keep you body aligned from shoulder to ankle - avoid a sway back
- Push you shoulder blades away from each other 10 times
- Rotate into a side plank - hold for 10 sec
- Turn to face upwards. Raise and lower your body 10 times
- Rotate into a side plank on the opposite side - hold for 10 sec
- 3 repetitions



## 9. Shoulder strength and flexibility

🕒 3 x 5–8 repetitions

- **Purpose:** To improve shoulder strength and flexibility
- Stand with your back against a wall and your hips and knees slightly bent
- Start with your elbows bent to 90 degrees and pointing straight ahead
- Lift your arms overhead, keeping a constant distance between both hands and both elbows.
- 3 x 5–8 repetitions



## 10. Single-leg balance

🕒 3 x 30 seconds

- **Purpose:** Enhance ankle stability
- Balance on one leg, on uneven surface
- Keep your body aligned from ankle, knee to shoulder
- **Progression:** Throw a ball at a time
- **Progression:** Lift one foot off the floor
- 3 x 30 seconds



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## 2. Supine leg lowering

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- Purpose: To strengthen the abdominal muscles
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- Slowly lower one leg at a time towards the floor
- Maintain a neutral spine throughout the movement
- Progression: Perform with 2 legs at a time, or hold an elastic between your feet
- 3 x 10-30 repetitions



## 3. Core series

🕒 8-12 repetitions each

- Purpose: To improve core strength
- In supine position med arms overhead
- Keep your pelvis and low back down
- 1. Lift up legs
- 2. Lift up upper body
- 3. Roll as a boat
- 8-12 repetitions each



## 4. Single-leg bridge

🕒 3 x 8-16 repetitions

- Purpose: To improve gluteal muscle strength and control of the pelvis and low back
- Lie with your arms overhead and one knee bent
- Push through your heel to lift your hips
- Stop when your body is aligned from knee to shoulder
- Variation: Lie with your back on a box or an unstable surface
- 3 x 8-16 repetitions



## 5. Shoulder stability on bosu

🕒 3 x 20-30 seconds

- Purpose: To improve shoulder stability
- Keep your hands shoulder-width apart and your elbows straight
- Push your shoulder blades away from each other
- Roll the bosu slowly forwards, backwards, side-to-side and in a circle
- Progression: Lift one foot or one hand off the floor
- 3 x 20-30 seconds



## 6. Wall slides

🕒 3 x 8-16 repetitions

- Purpose: To improve shoulder and upper back flexibility
- Stand with your back against a wall, with your hips and knees slightly bent
- Start by bending your neck and upper back forwards
- Leading with your elbows, rotate your shoulders outwards, straighten your back and place your head on the wall
- Lift your arms overhead, keeping your elbows, head and back against the wall
- Bend forward and return to the start position
- 3 x 8-16 repetitions



## 7. Plank series

🕒 3 repetitions

- Purpose: To improve shoulder strength and stability
- Keep your body aligned from shoulder to ankle - avoid a sway back
- Push your shoulder blades away from each other 10 times
- Rotate into a side plank - hold for 10 sec
- Turn to face upwards. Raise and lower your body 10 times
- Rotate into a side plank on the opposite side - hold for 10 sec
- 3 repetitions



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- Progression: Perform with 2 legs at a time, or hold an elastic between your feet
- 3 x 10-30 repetitions



## 3. Backwards bend towards wall

🕒 3 x 8-16 repetitions

- Purpose: To improve control of spinal extension
- Stand 50 cm from a wall with your arms overhead
- Keep your pelvis still while you bend backwards to touch the wall behind you
- Follow your hands with your eyes
- Progression: Stand on one leg with the opposite knee bent, then straight
- 3 x 8-16 repetitions



## 4. Handstand pendulum

🕒 2 x 5 repetitions

- Purpose: To improve dynamic trunk stability and control
- Perform a handstand with partners in front and behind you
- Allow your partners to push you backwards and forwards
- Maintain a straight spine throughout the movement
- 2 x 5 repetitions



## 5. Forearm strength

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the forearm muscles
- Hold a dumbbell with your forearm supported on a bench or table
- Perform wrist curls
- 1. With your palm facing downwards
- 2. With your palm facing upwards
- 3. With your thumb upwards
- 3 x 8-16 repetitions



## 6. Dynamic wrist strength

🕒 3 x 10-30 seconds

- Purpose: To improve strength endurance for the forearm muscles
- Hold a dumbbell with your forearm supported on a bench or table
- Provide resistance as your partner lightly taps alternate ends of the dumbbell
- 1. With your palm facing downwards
- 2. With your palm facing upwards
- 3. With your thumb upwards
- 3 x 10-30 seconds



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- Leading with your elbows, rotate your shoulders outwards, straighten your back and place your head on the wall
- Lift your arms overhead, keeping your elbows, head and back against the wall
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## 8. Plank series

🕒 3 repetitions

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- Keep you body aligned from shoulder to ankle - avoid a sway back
- Push you shoulder blades away from each other 10 times
- Rotate into a side plank - hold for 10 sec
- Turn to face upwards. Raise and lower your body 10 times
- Rotate into a side plank on the opposite side - hold for 10 sec
- 3 repetitions



## 9. Handstand against wall

🕒 3 x 5-10 repetitions

- **Purpose:** To strengthen the shoulders and upper back
- Perform a handstand with your heels on a wall behind you
- Place your hands close to the wall
- Keeping your elbows straight, raise and lower your body by shrugging your shoulders
- **Progression:** Balance on one arm at a time
- 3 x 5-10 repetitions



## 10. Angled springboard jump

🕒 3 x 30-60 seconds

- **Purpose:** To strengthen the foot and calf muscles and improve pelvic control
- Position two springboards 30 degrees from horizontal, facing each other
- Place your hands on your hips and jump forwards and backwards with your legs together
- Keep your pelvis and low back still
- **Progression:** Hold your arms directly overhead
- 3 x 30-60 seconds

