

1. Hip mobility

🕒 3 x 30 seconds

- Purpose: To improve hip mobility
- Sit with your hips and knees bent to 90 degrees
- Roll both knees to one side, touching one on the floor in front of you
- Slowly rotate from side to side
- 3 x 30 seconds



2. Sitting pelvic control

🕒 2-3 x 6-8 repetitions

- Purpose: To enhance awareness of pelvic position
- Sit on a low box or bench
- Tilt your pelvis forwards and backwards in an isolated movement
- Do not move your legs or trunk during the exercise
- Keep your mid-back and upper back relaxed
- 2-3 x 6-8 repetitions



3. Rotations

🕒 3 x 8-16 repetitions

- Purpose: To improve rotational mobility
- Kneel and rotate your upper body in each direction
- Try to touch your opposite foot
- 3 x 8-16 repetitions



4. 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



5. Squat challenge +

🕒 3 x 8-16 repetitions

- Purpose: To improve reaction time and hip and knee control
- Start standing upright on a bosu with feet hip-width apart
- Place your palms on top of partners hands
- Your partner unexpectedly drops the balls
- Squat and try to catch the two balls
- 3 x 8-16 repetitions



6. Plank with pass

🕒 3 x 8-16 repetitions

- Push up start position
- Pass the ball to partner
- Alternate arms
- 3 x 8-16 repetitions



7. Standing Y

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Keep your body upright and extend your arms overhead
- Elbows should remain in the same position during the exercise
- Squeeze your shoulder blades together at the top
- 3 x 8-16 repetitions



8. Standing row

🕒 3 x 8-16 repetitions

- Purpose: Strengthen shoulders and upper back
- Pull the elastic band backwards
- Keep shoulders low
- Keep elbows close to your body
- Squeeze your shoulder blades together
- 3 x 8-16 repetitions



1. 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



2. Sitting pelvic control

🕒 2-3 x 6-8 repetitions

- Purpose: To enhance awareness of pelvic position
- Sit on a low box or bench
- Tilt your pelvis forwards and backwards in an isolated movement
- Do not move your legs or trunk during the exercise
- Keep your mid-back and upper back relaxed
- 2-3 x 6-8 repetitions



3. Single-leg squat

🕒 As many as possible with good control

- Purpose: To strengthen quadricep and gluteal muscles and improve lower limb control
- As many repetitions as possible with good control
- Keep your knee aligned over your toes
- Slowly return to start position
- Avoid rotation and tilt of the hips
- As many as possible with good control



4. 2-leg turns

🕒 3 x 30 sec

- Purpose: Enhance landing stability
- Turn in different directions
- Keep slight knee flexion in landings
- Keep knee over toe
- 3 x 30 sec



5. Dspin

🕒 3 x 8-16 repetitions

- Purpose: To increase stability in landings
- Perform a single-leg squat
- Rotate towards your non-standing leg at the bottom
- Rotate your upper body towards standing leg at the top
- 3 x 8-16 repetitions



6. Turns

🕒 3 x 8-16 repetitions

- Purpose: To improve landing control
- Put an elastic band around your waist
- Hop and spin 45 degrees twice in each direction
- Keep knee aligned over toes
- 3 x 8-16 repetitions



7. The diver

🕒 3 x 8-16 repetitions

- Purpose: To improve trunk control and hamstring strength
- Balance on one leg, with your knee slightly bent
- Tilt your upper body forwards from the hip
- 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



8. Rotate and lift

🕒 3 x 8-16 repetitions

- Purpose: To increase power and control in the rotator cuff
- Keep your shoulder and elbow in 90 degrees
- Pull and rotate, then press upwards
- Maintain position at the top in 1 sec
- 3 x 8-16 repetitions



9. Bow and arrow

🕒 3 x 8-16 repetitions

- Pull the shoulder backwards
- Rotate upper body to the same side
- Keep the other arm straight
- 3 x 8-16 repetitions



10. 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



1. Hip mobility

🕒 3 x 30 seconds

- Purpose: To improve hip mobility
- Sit with your hips and knees bent to 90 degrees
- Roll both knees to one side, touching one on the floor in front of you
- Slowly rotate from side to side
- 3 x 30 seconds



2. Pelvic control with leg drive

🕒 2-3 x 6-8 repetitions

- Purpose: To improve low back and pelvic control
- Lie on a box with your pelvis hanging over the edge
- Press lower back down and extend your hips
- Hold the elastic tight around your feet
- Your partner should only apply light resistance
- Stop before you fully extend your hips
- 2-3 x 6-8 repetitions



3. Upwards Y

🕒 3 x 8-16 repetitions

- Elevate your chest, squeeze the shoulder-blades together
- Pull the elastic band upwards with both arms, make a y-pattern
- 3 x 8-16 repetitions



4. Upper body rotations

🕒 3 x 8-16 repetitions

- Rotate upper body upwards with extended arm
- Alternate sides
- Have your eyes on the ball
- 3 x 8-16 repetitions



5. Push up +

🕒 3 x 8-16 repetitions

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



6. Single-leg squat +

🕒 As many as possible with good control

- Purpose: To strengthen quadricep and gluteal muscles and improve lower limb control
- Single-leg squat on a BOSU
- Keep your knee aligned over your toes
- Avoid rotation and tilt of the hips
- As many as possible with good control



7. Squat with rotation +

🕒 3 x 8-16 repetitions

- Purpose: To improve knee control and upper back flexibility
- Perform a deep squat on a bosu, take one hand to opposite ankle at the bottom
- Fully rotate upper body as you straighten up
- Keep knees aligned over toes
- 3 x 8-16 repetitions



8. Squat challenge +

🕒 3 x 8-16 repetitions

- Purpose: To improve reaction time and hip and knee control
- Start standing upright on a bosu with feet hip-width apart
- Place your palms on top of partners hands
- Your partner unexpectedly drops the balls
- Squat and try to catch the two balls
- 3 x 8-16 repetitions



9. Squat +

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Stand on bosu
- Keep feet hip-width apart
- Start the movement from the hip
- Keep knees aligned with toes
- Sit down as if you are sitting on a chair, keeping your upper body straight
- 3 x 8–16 repetitions



10. Single-leg sideways hop

🕒 3 x 8–16 repetitions

- Purpose: To improve hip strength and control
- Put an elastic band around your waist
- Hop sideways against resistance
- Focus on soft landings
- Keep knee aligned over toes
- 3 x 8–16 repetitions



11. Turns

🕒 3 x 8–16 repetitions

- Purpose: To improve landing control
- Put an elastic band around your waist
- Hop and spin 45 degrees twice in each direction
- Keep knee aligned over toes
- 3 x 8–16 repetitions

