

1. Kneeling lunge with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve rotational flexibility
- Start in a kneeling lunge position
- Place one hand next to your front foot, and lift the opposite hand straight up
- 3 x 8–16 repetitions



2. The elephant

🕒 2–3 x 6–8 repetitions

- Purpose: To improve hamstring flexibility
- Keep your knees straight
- Press your heels down in the final position
- 2–3 x 6–8 repetitions



3. Hip flexor stretch

🕒 3 x 5–8 repetitions

- Purpose: To improve hip flexibility and pelvic control
- Start on both knees with your hands behind your head
- Step forward with one foot and stretch the opposite hip
- Maintain your pelvic and low back position throughout the exercise
- 3 x 5–8 repetitions



4. 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 your front knee
- 2 x 8 repetitions for 3–4 sec each



5. 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
- Sit down as if you are sitting on a chair
- Keep your back straight
- 3 x 8–16 repetitions



6. Lunges

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Lunge forwards, backwards and to the side
- Keep knees aligned with toes
- Maintain upper body in upright position
- 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. Pelvic rotation

🕒 3 x 30 seconds

- Purpose: To improve pelvic and low back control
- Lean against a wall with straight legs
- Rotate your pelvis forwards and backwards
- Keep the middle of your back relaxed and against the wall
- 3 x 30 seconds



9. Single-leg balance

🕒 3 x 30 seconds

- Purpose: To improve balance
- Stand on one leg with the knee slightly bent
- Keep your hip, knee and foot aligned
- Progression: Rotate your head and/or eyes in different directions, or close your eyes
- 3 x 30 seconds



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5. Squat +

🕒 3 x 8–16 repetitions

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



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7. 2-leg forward jumps

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Land softly in a deep squat position
- Keep your knees aligned over your toes
- Increase the jump distance for a greater challenge
- 3 x 8–16 repetitions



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8. Bridge with rotation

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- **Purpose:** To strengthen the gluteal and back muscles
- Lift your hips into a bridge position
- Reach up with one hand and rotate your trunk without lowering your hips
- 3 x 8–16 repetitions

