

## 1. Wrist lifts

🕒 3 x 10 repetitions

- **Purpose:** Strengthen wrist and lower arm
- Start position on all four
- Elbows extended
- Press the palm of the hands down to the mat
- Lift up and repeat



## 2. Flyer with rotation

🕒 3 x 6–8 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
- Rotate upper body to both sides



## 3. Standing medicine ball throws

🕒 3 x 8–16 repetitions

- **Purpose:** To improve rotational power
- Stand in a normal swing position
- Throw a medicine ball to your partner by rotating your trunk and hips
- Generate power from your hips and trunk



## 4. Sitting hip stretch

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip flexibility
- Start with your knees bent
- One leg in front of you and one leg behind you
- Lift your rear leg and move it through until it is pointing forwards
- Move from your hips rather than your back



## 5. 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



## 1. Flyer with rotation

🕒 3 x 6–8 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
- **Rotate** upper body to both sides



## 2. Wrist lifts

🕒 3 x 10 repetitions

- **Purpose:** Strengthen wrist and lower arm
- **Start** position on all four
- **Elbows** extended
- **Press** the palm of the hands down to the mat
- **Lift** up and repeat



## 3. 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



## 4. Hip rotation in swing position

🕒 3 x 30–60 seconds

- **Purpose:** To improve hip flexibility
- **Start** in a normal swing position
- **Cross** your arms over your chest
- **Rotate** your hips to both sides
- **Keep** your upper body stable



## 1. Hip rotation in swing position

🕒 3 x 30–60 seconds

- Purpose: To improve hip flexibility
- Start in a normal swing position
- Cross your arms over your chest
- Rotate your hips to both sides
- Keep your upper body stable



## 2. Kneeling arm rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve wrist flexibility
- Kneel on all fours
- Point your hands outwards
- Keep your elbows extended
- Rotate your arms inwards and outwards as far as possible



## 3. Jumping rotations

🕒 3 x 5–7 repetitions

- Purpose: To improve rotational power
- Feet hip width apart
- Jump up and rotate the body to both sides
- Land with knees in alignment with toes



## 4. 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

