

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
- 3 x 10 repetitions



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 x 6–8 repetitions



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
- 3 x 8–16 repetitions in each direction



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
- 3 x 8–16 repetitions



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
- 3 x 8–16 repetitions



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- Balance on one leg, with your knee slightly bent
- Tilt your upper body forwards from the hip
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- Rotate upper body to both sides
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2. Wrist lifts

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- Lift up and repeat
- 3 x 10 repetitions



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
- 3 x 8–16 repetitions



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
- 3 x 30–60 seconds



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
- 3 x 30–60 seconds



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 x 8–16 repetitions



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
- 3 x 5–7 repetitions



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
- 3 x 8–16 repetitions

