

## 1. Prone leg cross

🕒 2–3 x 6–8 repetitions

- Purpose: To improve hip and back flexibility
- Keep both shoulders firmly on the floor
- Take one foot towards the opposite hand
- Alternate legs
- Bend your knee
- 2–3 x 6–8 repetitions



## 2. 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



## 3. Gluteal stretch

🕒 2 x 8 repetitions for 3–4 sec each

- Purpose: To improve hip flexibility
- 2 x 8 repetitions for 3–4 sec each
- 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



## 4. Pelvic control

🕒 3 x 30 seconds

- Purpose: To improve pelvic control
- Kneel on all fours
- Keep your spine still as you roll your pelvis forwards and backwards
- 3 x 30 seconds



## 5. 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



## 6. Step up

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Perform a high step up using your arms actively
- Keep your knee aligned over your toes
- Progression: Use a higher step, or add a weighted backpack
- 3 x 8–16 repetitions



## 7. Shoulder blade control

🕒 3 x 8–16 repetitions

- Purpose: To improve back and shoulder control
- Lift up upper body and push arms forwards
- Place shoulder in about 90 degrees
- In the end position pull shoulder blades back and down
- 3 x 8–16 repetitions



## 8. Y exercise

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low
- Keep your arms straight
- In the end position pull shoulder-blades back and down
- 3 x 8–16 repetitions





## 1. Hamstrings stretch

🕒 3 x 5–8 repetitions

- Purpose: To improve hamstring flexibility
- Hold behind your thigh
- Straighten your knee as far as possible
- Keep your ankle relaxed throughout the exercise
- 3 x 5–8 repetitions



## 2. Upper back mobility

🕒 3 x 10–15 repetitions

- Purpose: To enhance back mobility
- Place your hands on the back of your head
- Move upper body slowly backwards in hyper extension
- Maintain full contact with lower back
- 3 x 10–15 repetitions



## 3. The swimmer

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders back and neck
- Lie over a bosu with your feet on a box
- Hold your body in a straight line
- Move the elastic band behind your body, squeezing your shoulder-blades together
- Keep your neck in line with your body, pull your chin slightly inward
- Slowly return to start position
- 3 x 8–16 repetitions



## 4. Core stability with ball

🕒 2 x 5–7 repetitions

- Purpose: To strengthen the core
- Start in kneeling position
- Keep the left extended
- Push the ball forwards and pull it back again
- 2 x 5–7 repetitions



## 5. 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



## 6. Deep single-leg squats

🕒 2–3 x 6–8 repetitions

- Purpose: To strengthen the thigh and gluteal muscles and improve hip and knee control
- Stand on one leg on the edge of a box and perform a deep squat
- Keep your knee over your toes
- Maintain a neutral spine
- Do not lift your heel
- 2–3 x 6–8 repetitions



## 7. Step-ups in cycling position

🕒 2–3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Lean forward in a cycling position with one foot on a bench
- Perform step ups maintaining your back and pelvic position
- Keep your knee aligned over your toes
- 2–3 x 8–16 repetitions



## 8. 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



## 9. Copenhagen adductor short

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the adductor muscles
- Partner holds you above the knee
- Keep your body stable, lower and lift the bottom leg
- Keep your body in a straight line
- Perform the exercise slowly
- 3 x 8–16 repetitions





## 1. Prone leg cross

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip and back flexibility
- Keep both shoulders firmly on the floor
- Take one foot towards the opposite hand
- Alternate legs
- Bend your knee
- 2-3 x 6-8 repetitions



## 2. 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



## 3. Single-leg pelvic rotation

🕒 2-3 x 6-8 repetitions

- Purpose: To improve pelvic control
- Lean against a wall with your upper body horizontal
- Rotate your pelvis forwards and backwards
- Keep the middle of your back still and relaxed
- Maintain both legs in the same position throughout the exercise
- Keep your standing leg straight
- 2-3 x 6-8 repetitions



## 4. 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



## 5. Single-leg pelvic rotation

🕒 2-3 x 6-8 repetitions

- Purpose: To improve pelvic control
- Lean against a wall and lift one knee until your thigh is horizontal
- Rotate your pelvis forwards and backwards
- Keep the middle of your back still and relaxed
- Maintain both legs in the same position throughout the exercise
- Keep your standing leg straight
- 2-3 x 6-8 repetitions



## 6. 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
- .



## 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
- Expand the elastic before lifting up the arms
- Elbows should remain in the same position during the exercise
- Squeeze your shoulder blades together at the top
- 3 x 8-16 repetitions



## 8. Overhead shoulder strength

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulder and upper back
- Stretch the elastic diagonally upwards using two straight arms
- As you reach the top, rotate your trunk and pull your shoulder blade back
- Return slowly using one arm only
- 3 x 8-16 repetitions



## 9. The swimmer

🕒 3 x 20-30 seconds

- Purpose: To strengthen the shoulder and upper back
- Lean forward with a straight back
- Swing your arms straight forwards and backwards
- Keep our shoulders low and squeeze shoulder blades together
- 3 x 20-30 seconds

