

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. Pelvic mobility

🕒 3 x 30 seconds

- Purpose: To improve pelvic control
- Roll the pelvis slowly backwards and forwards
- 3 x 30 seconds



4. Neck and back mobility

🕒 3 x 30 seconds

- Purpose: To improve back mobility
- Start with feet in shoulder-width apart
- Place hands on the back of your head
- Lean forward with a straight back
- Lean backward with a straight back
- Keep final position for approx 1 second
- 3 x 30 seconds



5. Back and pelvic control

🕒 3 x 30 seconds

- Purpose: To improve back and pelvic control
- Lie on your back with bent knees
- Push your leg in multiple directions
- Lower back stays down during exercise
- 3 x 30 seconds



6. Sidelying rotation

🕒 2-3 x 6-8 repetitions

- Purpose: To improve spinal flexibility
- Lie on your side with the top leg stabilising and both arms outstretched
- Rotate spine then stretch out your shoulder then elbow
- Keep your hips stable during the exercise
- 2-3 x 6-8 repetitions



7. 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



8. 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



9. 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



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3. Back and pelvic control +

🕒 3 x 30 seconds

- Purpose: To improve back and pelvic control
- Lie on your back with bent knees
- Lift up your leg and push your leg in multiple directions
- Lower back stays down during exercise
- 3 x 30 seconds



4. Trunk stretch

🕒 3 x 30 seconds

- Purpose: To improve back control
- Cross legs
- Lift arm overhead and bend over
- Avoid hypermobility in lower back
- 3 x 30 seconds



5. Pelvic lift

🕒 2-3 x 6-8 repetitions

- Purpose: To develop control of the lower back and pelvis
- Lie on your back with bent knees
- The hips and knees should remain 90 degrees throughout the whole exercise
- Lift up your pelvis
- 2-3 x 6-8 repetitions



6. 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



7. 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



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. Y exercise

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- 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



10. Sleepers stretch

🕒 3 x 30 seconds on each side

- Purpose: To improve shoulder rotation flexibility
- Sidelying position
- Place shoulder in about 90 degrees
- Press underarm downwards
- Shoulder rotates inwards
- 3 x 30 seconds on each side



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- Alternate legs
- Bend your knee
- 2-3 x 6-8 repetitions



3. Hip abduction

🕒 3 x 8-16 repetitions

- Purpose: To strengthen hip abductors
- Use elastic band for resistance
- Swing leg outwards
- Keep body straight
- 3 x 8-16 repetitions



4. Hip adduction

🕒 3 x 8-16 repetitions

- Purpose: To strengthen hip adductors
- Use elastic band for resistance
- Pull diagonally
- Keep body straight
- 3 x 8-16 repetitions



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