

## 1. Hip flexor stretch

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip mobility
- Start in a kneeling lunge, then straighten your back foot and push your hips forward
- Rotate your hips and trunk towards the back leg
- Keep your knee aligned with your foot on the front leg
- 3 x 8–16 repetitions



## 2. 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



## 3. Arm raise

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the upper back muscles
- Hold an elastic band in front of you with your elbows straight
- Palms up, thumbs out
- Stretch the elastic as you lift it up to shoulder height
- Variation: Perform the exercise on your knees
- 3 x 8–16 repetitions



## 4. 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
- 3 x 8–16 repetitions



## 5. Multi-directional lunges

🕒 3 x 8–16 repetitions

- **Purpose:** Improve knee alignment and movement quality
- Perform lunges in different directions
- Keep the knee aligned with the toes
- Progression: Perform while a partner pushes you unexpectedly out of position
- 3 x 8–16 repetitions



## 6. Upper back mobility

🕒 3 x 10–15 repetitions

- **Purpose:** To improve upper back flexibility
- Lie with a ball, bosu or foam roller placed under the centre of your back
- Slowly extend backwards, breathe deeply, then return to the start position
- Avoid movement in the lower back during the exercise
- 3 x 10–15 repetitions



## 1. Multi-directional lunges

🕒 3 x 8–16 repetitions

- Purpose: To improve knee alignment and movement quality
- Perform lunges in different directions
- Keep the knee aligned with the toes
- Progression: Perform while a partner pushes you unexpectedly out of position
- 3 x 8–16 repetitions



## 2. Sidelying rotation

🕒 2–3 x 6–8 repetitions

- Purpose: To improve spinal flexibility
- Lie on your side with the top leg stabilizing and both arms outstretched
- Rotate spine
- Then stretch out your shoulder then elbow
- 2–3 x 6–8 repetitions



## 3. Bow and arrow

🕒 3 x 8–16 repetitions

- Purpose: To strengthen your shoulder and upper back
- Stretch the elastic by drawing your shoulder back and rotating your trunk
- Lead with your elbow, keeping your forearm horizontal
- 3 x 8–16 repetitions



## 4. Table tennis in a kneeling lunge

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Hit the ball to your partner while you maintain a kneeling lunge
- Keep both knees and feet in alignment
- Keep your body upright and your back straight
- Alternate between forehand and backhand without losing your balance
- 3 x 8–16 repetitions



## 5. Kneeling plank with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve shoulder stability and trunk flexibility
- Kneel on all fours
- Rotate upper body and lift arm as high as possible
- 3 x 8–16 repetitions



## 1. Kneeling lunge

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip mobility
- Place one foot forward, keeping the knee over the heel
- Keep your back straight and push your hips forwards
- Your hips should be in front of your belly button
- Perform the same movement to the side and diagonally backwards, keeping your hips parallel
- 2-3 x 6-8 repetitions



## 2. Hip flexor stretch with trunk rotation

🕒 3 x 6-8 repetitions

- Purpose: To enhance hip mobility
- Place one foot between your hands
- Keep your back leg as straight as possible
- Lift one arm at a time, rotating your upper body
- 3 x 6-8 repetitions



## 3. Shoulder press

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Lift both arms overhead into an y-position, then flex elbows
- Keep the elastic tight as you stretch out the arms
- 3 x 8-16 repetitions



## 4. Single-leg deadlift with partner

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the hamstrings muscles
- Stand on one leg and hold your partner's ankles in both hands
- Bend forwards from the hip with your back straight
- Keep your opposite leg straight out behind you
- This exercise can also be done without a partner
- 3 x 8-16 repetitions



## 5. Table tennis in a kneeling lunge

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Hit the ball to your partner while you maintain a kneeling lunge
- Keep both knees and feet in alignment
- Keep your body upright and your back straight
- Alternate between forehand and backhand without losing your balance
- Perform the exercise on an unstable surface to increase the challenge
- 3 x 8-16 repetitions



## 6. Side plank with perturbations

🕒 1 x 15 seconds per side

- Purpose: To improve shoulder and trunk strength
- Perform a side plank with an outstretched arm
- Maintain your body straight in a straight line
- Your partner pushes you lightly in unexpected directions
- Try to hold your position
- 1 x 15 seconds per side

