

1. Kneeling lunge with rotation

🕒 2 x 8 repetitions, keep for 3–4 sec

- **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
- 2 x 8 repetitions, keep for 3–4 sec



2. Pull down

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the shoulders and upper back
- Hold the elastic band shoulder-width apart
- Thumbs point upwards
- Stabilise your core
- Stretch the elastic by drawing your shoulder back and down
- 3 x 8–16 repetitions



3. 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



4. 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



5. Squat

🕒 3 x 8–16 repetitions

- **Purpose:** To develop good squat technique
- Keep your feet hip width apart
- Start the movement from the hip
- Keep your knees aligned with toes
- Sit down as if you are sitting on a chair
- Keep your back straight
- 3 x 8–16 repetitions



6. Deep sumo squat

🕒 2 x 8 repetitions

- **Purpose:** To improve hip flexibility
- Perform a deep squat with your feet wider than your shoulders and turned out
- Use your elbows to push your knees backwards
- Push your chest out
- 2 x 8 repetitions



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6. 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



7. The diver

🕒 3 x 5 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
- Raise your arms overhead
- Progression: Hold a medicine ball or dumbbell
- 3 x 5 repetitions



1. Plank with rotation

🕒 As many as possible with good control

- Purpose: To enhance shoulder and core stability
- Rest on lower arms
- Keep body straight
- Rotate upper body
- As many as possible with good control



2. Kneeling lunge with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve rotational flexibility and hip and knee control
- Forward and backwards lunges
- Rotate upper body with arms straight
- Keep knee over toe
- 3 x 8–16 repetitions



3. Single-leg squat

🕒 As many as possible with good control

- Purpose: To strengthen quadricep and gluteal muscles and improve lower limb control
- As many repetitions as possible with good control
- Keep your knee aligned over your toes
- Slowly return to start position
- Avoid rotation and tilt of the hips
- As many as possible with good control



4. Sideways hop

🕒 3 x 8–16 repetitions

- Purpose: To improve hip strength and control
- Jump sideways
- Focus on soft landings
- Keep knee aligned over toes
- 3 x 8–16 repetitions



5. Turns

🕒 3 x 8–16 repetitions

- Purpose: To improve landing control
- Put an elastic band around your waist
- Hop and spin 45 degrees twice in each direction
- Keep knee aligned over toes
- 3 x 8–16 repetitions

