

## 1. Hip extension with medicine ball lift

🕒 3 x 8–16 repetitions

- Purpose: To enhance hip and pelvic control
- Drive hips forward and up while you lift the ball overhead
- Avoid uncontrolled over-extension of the lower back
- Your hips should point straight ahead
- For variation: Start the exercise in the same way, but make a large semi-circle with the ball
- 3 x 8–16 repetitions



## 2. Neck stability

🕒 2 x 30 seconds

- Purpose: To improve neck stability
- Keep your weight on top of your head
- Roll your head slowly in different directions
- 2 x 30 seconds



## 3. Figure of 8 arm swing

🕒 3 x 30 seconds

- Purpose: To enhance shoulder mobility
- Swing arms in figures of 8, keeping hips stable
- Relax as much as possible during exercise
- 3 x 30 seconds



## 4. Hip extension with rotation

🕒 3 x 6–8 repetitions

- Purpose: To enhance hip mobility
- Place your 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



## 5. Kneeling lunge

🕒 3 x 8–16 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
- 3 x 8–16 repetitions



## 6. Deep sumo squat

🕒 2–3 x 6–8 repetitions

- Purpose: 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
- Keep your back straight while you extend your knees
- 2–3 x 6–8 repetitions



## 7. Gluteal stretch

🕒 2 x 8 repetitions for 3–4 sec each

- Purpose: To improve hip flexibility
- Start in a plank position
- Place one foot between just behind the opposite hand, then move your weight backwards
- 2 x 8 repetitions for 3–4 sec each



## 8. Single-leg downward facing dog

🕒 3 x 6–8 repetitions

- Purpose: To enhance control and mobility in deep positions
- Start in a plank position
- Lower your hips and elevate your chest
- Start the movement by lifting one heel towards the roof
- As you straighten the leg out, push the opposite heel and your chest towards the floor
- 3 x 6–8 repetitions



## 1. Y fall

🕒 2 x 10 repetitions

- Purpose: To improve shoulder stability and thoracic spine mobility
- Keep a straight line from your heel to your shoulder
- Keep your body straight and fall backwards
- Start with elbows in shoulder height and move them gradually upwards
- Finish up with extended arms
- 2 x 10 repetitions



## 2. The worm

🕒 2 x 30 seconds

- Purpose: To improve neck control and mobility
- Start lying face down with your arms by your side
- Lift your hips towards the roof and take your weight on one shoulder
- Pull your chin in towards your chest, then roll cross your upper back until your weight is on the opposite shoulder
- Your movements should be slow and controlled
- 2 x 30 seconds



## 3. Hip extension with medicine ball lift

🕒 3 x 8–16 repetitions

- Purpose: To improve shoulder stability and thoracic spine mobility
- Drive hips forward and up while you lift the ball overhead
- Avoid uncontrolled over-extension of the lower back
- Your hips should point straight ahead
- For variation: Start the exercise in the same way, but make a large semi-circle with the ball
- 3 x 8-16 repetitions



## 4. Kneeling lunge

🕒 3 x 8–16 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
- 3 x 8–16 repetitions



## 5. Standing rotation

🕒 2 x 8 repetitions, keep for 3–4 sec

- Purpose: Improve hamstring and spinal flexibility
- Keep a straight line through your whole body
- Hold your foot with the opposite hand
- Rotate your upper body as far as you can
- Keep your knee as straight as possible
- 2 x 8 repetitions, keep for 3–4 sec



## 6. Gluteal stretch with partner

🕒 2 x 8 repetitions for 3–4 sec each

- Purpose: To improve hip flexibility
- Cross one foot behind the other and slowly sit down
- Keep your hips parallel throughout the exercise
- 2 x 8 repetitions for 3–4 sec each



## 7. Deep sumo squat with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and spine flexibility
- Start in a deep squat position with your feet wide
- Use your elbows to push your knees backwards, push your chest out
- Keep your weight on both feet as you rotate your upper body
- 3 x 8–16 repetitions



## 1. Handstand push-through

🕒 3 x 3-5 repetitions

- **Purpose:** To improve shoulder stability and thoracic spine mobility
- **Start** with your hands shoulder width apart
- **Maintain** a slight backwards arch from shoulder to toe throughout the whole movement
- **"Drive"** your hips and chest forwards
- **To progress:** Place your hands further apart
- 3 x 3-5 repetitions



## 2. Upper body rotation

🕒 3 x 8-16 repetitions

- **Purpose:** To improve mobility in the spine and hips
- **Initially,** keep hips stable
- **Variation:** Allow your hips to rotate with your body
- 3 x 8-16 repetitions



## 3. Kneeling lunge with rotation

🕒 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



## 4. Deep sumo squat with backwards roll

🕒 2 x 8-10 repetitions

- **Purpose:** To improve flexibility and control in deep positions
- **Start** in a sumo squat position, then roll backwards on a mat and stretch your legs out overhead
- **Generate** forward momentum using your abdominal muscles and legs
- **Jump** as far forward as you can as you open your hips wide and land in a sumo squat
- 2 x 8-10 repetitions



## 5. Moving gluteal stretch

🕒 3 x 8-16 repetitions

- **Purpose:** To improve hip flexibility
- **Start** in a kneeling lunge, then turn sideways and lower your buttocks slowly to the floor
- 3 x 8-16 repetitions



## 6. The ultimate plank

🕒 2-3 x 6-8 repetitions

- **Purpose:** To improve shoulder stability and thoracic spine mobility
- **Lower** your hips towards the floor, then straighten out again
- **Lift** one foot high off the ground, then cross it over the midline
- **Lift** your hand on the same side and slowly rotate your body until both feet are on the ground and you are facing upwards
- **Continue** rotating your upper body as far as you can
- 2-3 x 6-8 repetitions

