1. Low back mobility

3 x 20-30 seconds

- Purpose: To improve low back flexibility and control
- Start on all fours
- Tilt your pelvis forwards and backwards
- To increase the challenge, lift your knees off the floor
- 3 x 20-30 seconds



2. 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



3. Weight shift

3 x 8-16 repetitions

- Purpose: To improve hip and knee control in a tuck position
- Stand in a tuck position with your feet on two bosus
- Shift your weight from side to side
- Keep your knee aligned over your toes on the weightbearing leg
- 3 x 8-16 repetitions



4. Bosu tuck

3 x 30 seconds

- Purpose: To improve hip and knee control in a tuck position
- Start in a tuck position on a bosu
- Shift your weight slowly in a circle
- Keep your knees aligned over your toes
- 3 x 30 seconds



5. 2-leg forward jump +

3 x 8-16 repetitions

- Purpose: To improve landing control
- Land in a tuck position on unstable surfaces
- Land softly with your knees over your toes
- Increase the jump distance for a greater challenge
- 3 x 8-16 repetitions



1. Low back mobility

3 x 20-30 seconds

- Purpose: To improve low back flexibility and control
- Start on all fours
- Tilt your pelvis forwards and backwards
- To increase the challenge, lift your knees off the floor
- 3 x 20-30 seconds

2. 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

3. Single-leg forward jumps

3 x 8-16 repetitions

- Purpose: To improve hip and knee control in a tuck position
- Hop forwards on one leg in a tuck position
- Keep your knee aligned over your toes
- Land softly with your knee bent
- 3 x 8-16 repetitions

4. Bosu tuck

3 x 30 seconds

- Purpose: To improve hip and knee control in a tuck position
- Start in a tuck position on a bosu
- Shift your weight slowly in a circle
- Keep your knees aligned over your toes
- 3 x 30 seconds

1. Low back mobility

3 x 20-30 seconds

- Purpose: To improve low back flexibility and control
- Start on all fours
- Tilt your pelvis forwards and backwards
- To increase the challenge, lift your knees off the floor
- 3 x 20-30 seconds



2. Single-leg squat

As many as possible with good control

- Purpose: To strengthen quadricep and gluteal muscles and improve lower limb 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



3. Single-leg sideways jumps

3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Hop sideways on one leg in a squat position
- Keep knee aligned over toes
- Land softly with your knee slightly bent
- 3 x 8-16 repetitions



4. 2-leg forward jump +

3 x 8-16 repetitions

- Purpose: To improve landing control
- Land in a tuck position on unstable surfaces
- Land softly with your knees over your toes
- Increase the jump distance for a greater challenge
- 3 x 8-16 repetitions



5. Double-leg box jump

3 x 8-16 repetitions

- Purpose: To improve jumping power and technique
- Jump onto a box from a deep squat
- Land on 2 legs with knees over toes
- Hold the landing position for approx 1 sec
- 3 x 8-16 repetitions

