

## 1. Legg cross prone

🕒 2-3 x 6-8 repetitions

- Purpose: To enhance back and hip mobility
- Keep both shoulders firmly down
- Take one foot towards the opposite hand
- Alternate legs
- 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. 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



## 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. Upper back mobility

🕒 3 x 8-16 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 8-16 repetitions



## 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. 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



## 8. Bow and arrow

🕒 3 x 8-16 repetitions

- Purpose: To strengthen your shoulder and upper back
- Place the elastic band in shoulder height
- 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



## 9. 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



## 10. 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



## 1. Legg cross prone

🕒 2-3 x 6-8 repetitions

- Purpose: To enhance back and hip mobility
- Keep both shoulders firmly down
- Take one foot towards the opposite hand
- Alternate legs
- 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. 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



## 4. 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



## 5. Hip flexor stretch

🕒 3 x 5-8 repetitions

- Purpose: To improve hip flexibility
- Move weight slowly forwards
- Keep upper body straight
- Lean your upper body to the same side as your front foot
- 3 x 5-8 repetitions



## 6. Core strength 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. 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



## 8. Bow and arrow

🕒 3 x 8-16 repetitions

- Purpose: To strengthen your shoulder and upper back
- Place the elastic band in shoulder height
- 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



## 9. 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



## 10. Sleepers stretch

🕒 3 x 30 seconds

- Purpose: To improve shoulder mobility
- Sidelying position
- Place shoulder in about 90 degrees
- Press underarm downwards
- Shoulder rotates inwards
- 3 x 30 seconds



## 1. Legg cross prone

🕒 2-3 x 6-8 repetitions

- Purpose: To enhance back and hip mobility
- Keep both shoulders firmly down
- Take one foot towards the opposite hand
- Alternate legs
- 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. 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. Upper back mobility

🕒 3 x 8-16 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 8-16 repetitions



## 6. 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



## 7. 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



## 8. 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
- Take turns with your partner to rotate
- 3 x 8-16 repetitions



## 9. Sleepers stretch

🕒 3 x 30 seconds

- Purpose: To improve shoulder mobility
- Sidelying position
- Place shoulder in about 90 degrees
- Press underarm downwards
- Shoulder rotates inwards
- 3 x 30 seconds

