

1. 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



2. The elephant

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hamstring flexibility
- Keep your knees straight
- Press your heels down in the final position
- 2-3 x 6-8 repetitions



3. Hip flexor stretch

🕒 3 x 5-8 repetitions

- Purpose: To improve hip flexibility and pelvic control
- Start on both knees with your hands behind your head
- Step forward with one foot and stretch the opposite hip
- Maintain your pelvic and low back position throughout the exercise
- 3 x 5-8 repetitions



4. Knee hip flexor stretch

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip flexibility
- Start in a kneeling hip flexor stretch
- Lift your rear knee from the floor
- Focus on maintaining pelvic and low back position
- 2-3 x 6-8 repetitions



5. Isolated pelvic rotation

🕒 2 x 45 seconds

- Purpose: To improve pelvic and lower back control
- Keep your legs as straight as possible
- Keep your upper body stable
- Tilt your pelvic forwards and backwards
- 2 x 45 seconds



6. Pelvic rotation

🕒 3 x 30 seconds

- Purpose: To improve pelvic control
- Lean against a wall with straight legs
- Slowly tilt your pelvis forwards and backwards
- Keep the middle of your back relaxed against the wall
- 3 x 30 seconds



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4. Pelvic lift

🕒 2-3 x 6-8 repetitions

- Purpose: To improve low back and pelvis control
- Lie on your back with a rolled mat under your pelvis
- Your hips and knees should remain 90 degrees throughout the whole exercise
- Slowly lift and lower your pelvis
- 2-3 x 6-8 repetitions



5. Supine leg lowering

🕒 2-3 x 6-8 repetitions

- Purpose: To strengthen the abdominals and improve low back control
- Lie on your back with a rolled mat under your pelvis
- Start with both hips and knees bent to 90 degrees
- Straighten one leg at a time without moving your pelvis
- 2-3 x 6-8 repetitions



6. Pelvic control

🕒 3 x 30 seconds

- Purpose: To improve pelvic control
- Kneel on all fours
- Keep your spine still as you roll your pelvis forwards and backwards
- 3 x 30 seconds



7. Knee hip flexor stretch

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip flexibility
- Start in a kneeling hip flexor stretch
- Lift your rear knee from the floor
- Focus on maintaining pelvic and low back position
- 2-3 x 6-8 repetitions



8. Deep single-leg squats

🕒 2-3 x 6-8 repetitions

- Purpose: To strengthen the thigh and gluteal muscles and improve hip and knee control
- Stand on one leg on the edge of a box and perform a deep squat
- Keep your knee over your toes
- Maintain a neutral spine
- Do not lift your heel
- 2-3 x 6-8 repetitions



9. Single-leg pelvic rotation

🕒 2-3 x 6-8 repetitions

- Purpose: To improve pelvic control
- Lean against a wall with your upper body horizontal
- Rotate your pelvis forwards and backwards
- Keep the middle of your back still and relaxed
- Maintain both legs in the same position throughout the exercise
- Keep your standing leg straight
- 2-3 x 6-8 repetitions



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6. Single-leg abduction

🕒 2-3 x 6-8 repetitions

- Purpose: To enhance body control
- Keep your hip, knee and foot in line with your standing foot
- Keep your feet parallel
- Abduct isolatedly your free leg
- Keep your natural back positioning
- 2-3 x 6-8 repetitions



7. Step-ups in cycling position

🕒 2-3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Lean forward in a cycling position with one foot on a bench
- Perform step ups maintaining your back and pelvic position
- Keep your knee aligned over your toes
- 2-3 x 8-16 repetitions

