

## 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. Prone leg cross

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- Purpose: To improve hip and back flexibility
- Keep both shoulders firmly on the floor
- Take one foot towards the opposite hand
- Alternate legs
- 2-3 x 6-8 repetitions



## 3. 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



## 4. Side-lying rotation

🕒 2-3 x 6-8 repetitions

- Purpose: To improve spine flexibility and strengthen shoulders and upper back
- Lie on your side with your top hip flexed to stabilise your pelvis
- Use a long elastic band or a cable for resistance
- Rotate your trunk first, then extend your shoulder, then straighten your elbow
- Keep your shoulder low throughout the movement
- 2-3 x 6-8 repetitions



## 5. Gluteal stretch

🕒 4 x 8 repetitions for 3-4 seconds each

- Purpose: To improve hip flexibility
- Start on all fours
- Stretch one leg backwards and across the midline as far as possible
- Sit back and lower your hips
- Vary the amount that your rear leg crosses the midline
- 4 x 8 repetitions for 3-4 seconds each



## 6. Sitting pelvic control

🕒 2-3 x 6-8 repetitions

- Purpose: To enhance awareness of pelvic position
- Sit on a low box or bench
- Tilt your pelvis forwards and backwards in an isolated movement
- Do not move your legs or trunk during the exercise
- Keep your mid-back and upper back relaxed
- 2-3 x 6-8 repetitions



## 7. 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



## 8. Isolated squat

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hamstring flexibility
- Bend forward and hold tightly behind your knees
- Maintain good hip, knee and ankle alignment
- Straighten knees without moving your hips or low back
- 2-3 x 6-8 repetitions



## 9. 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



## 10. Single-leg rowing deadlift

🕒 2-3 x 6-8 repetitions

- Purpose: To improve leg drive coordination and power transfer
- Start the movement from the hips
- Keep your head aligned over your knee and foot as you bend forward
- Maintain a neutral spine
- End with arms in a rowing finish position
- 2-3 x 6-8 repetitions





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## 6. Pelvic control with leg drive

🕒 2-3 x 6-8 repetitions

- Purpose: To improve low back and pelvic control
- Lie on a box with your pelvis hanging over the edge
- Press lower back down and extend your hips
- Hold the elastic tight around your feet
- Your partner should only apply light resistance
- Stop before you fully extend your hips
- 2-3 x 6-8 repetitions



## 7. Thread the needle

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip flexibility and abdominal strength
- Try to keep your pelvis and low back on the floor
- Fully flex your hips
- 2-3 x 6-8 repetitions



## 8. Exercise ball rowing

🕒 2-3 x 8-16 repetitions

- Purpose: To improve the ability to move the hips independently of the spine
- Sit on the "front of your sitting bones"
- Simulate a rowing motion
- Keep your low back in a neutral position and move from the hips
- Progression: Increase the movement speed
- 2-3 x 8-16 repetitions



## 9. Single-leg squat with forward bend

🕒 2-3 x 8-16 repetitions

- Purpose: To improve power transfer and movement timing
- Perform a single-leg squat, bending forward from the hips in a rowing motion
- Keep your head aligned over your knee and foot as you bend forward
- Maintain a neutral spine
- Keep your whole foot in contact with the mat throughout the exercise
- 2-3 x 8-16 repetitions



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