

## 1. Prone leg cross

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip and back flexibility
- Keep both shoulders firmly on the floor
- Take one foot towards the opposite hand
- Alternate legs, rotate your back
- Bend your knee
- 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. 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



## 4. Leg curl

🕒 3 x 8-16 repetitions

- Purpose: To improve control of the hips, pelvis and low back
- Lift up your pelvis and extend your hips
- Slowly roll the ball towards you by bending your knees
- Roll the ball backwards until your knees are extended
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8-16 repetitions



## 5. Rotation

🕒 3 x 20 seconds

- Purpose: To improve back flexibility
- Start in a 4-point kneeling position
- Rotate one arm at a time
- Keep your eyes on your hand during the exercise
- 3 x 20 seconds



## 6. Side plank

🕒 3 x 20 seconds

- Purpose: To improve hip and trunk strength
- Support yourself on your elbow and lift your body
- Your body should be in a straight line
- Lift your top leg as high as possible
- 3 x 20 seconds



## 7. Push up +

🕒 3 x 8-16 repetitions

- Purpose: To improve upper body strength and shoulder stability
- Perform push ups
- At the top, keep elbows straight
- Push upper back as high as possible
- 3 x 8-16 repetitions



## 8. Shoulder external rotation

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulder rotator muscles
- The shoulder should be elevated and the elbow bent to 90 degrees
- Rotate the upper arm, keeping your elbow in the same place
- Start with a handball, then progress to a lightly weighted ball
- 3 x 8-16 repetitions



## 9. Sleeper stretch

🕒 3 x 30 seconds per side

- **Purpose:** To improve shoulder rotation flexibility
- Lie on your side with your body weight over your shoulder blade
- Flex your shoulder and elbow to 90 degrees
- Use your opposite hand to rotate your shoulder inwards
- 3 x 30 seconds per side



## 10. Y exercise

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low
- Keep your arms straight
- In the end position pull shoulder blades back and down
- 3 x 8–16 repetitions



## 11. 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



## 12. Multi-directional jumps

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip, knee and ankle control
- Perform large jumps from one foot to another in different directions
- Land softly with your knee bent and aligned over your toes
- 3 x 8–16 repetitions



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## 4. 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



## 5. Leg curl

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- Purpose: To improve control of the hips, pelvis and low back
- Lift up your pelvis and extend your hips
- Slowly roll the ball towards you by bending your knees
- Roll the ball backwards until your knees are extended
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8-16 repetitions



## 6. The diver

🕒 3 x 8-16 repetitions

- Purpose: To improve trunk control and hamstring strength
- Balance on one leg, with your knee slightly bent
- Tilt your upper body forwards from the hip
- Keep your head, back and opposite leg in a straight line
- Raise your arms overhead
- Progression: Hold a medicine ball or dumbbell
- 3 x 8-16 repetitions



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- Purpose: To improve shoulder rotation flexibility
- Lie on your side with your body weight over your shoulder blade
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- Use your opposite hand to rotate your shoulder inwards
- 3 x 30 seconds per side



## 9. Shoulder external rotation

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen the shoulder rotator muscles
- The shoulder should be elevated and the elbow bent to 90 degrees
- Rotate the upper arm, keeping your elbow in the same place
- Start with a handball, then progress to a lightly weighted ball
- 3 x 8-16 repetitions



## 10. Y exercise

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- **Purpose:** To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low
- Keep your arms straight
- In the end position pull shoulder blades back and down
- 3 x 8-16 repetitions



## 11. Forward lunge

🕒 3 x 8-16 repetitions

- **Purpose:** To improve hip and knee control
- Perform forward lunges
- Keep your knee aligned over your toes
- Keep your trunk upright and your back straight
- 3 x 8-16 repetitions



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## 8. Forward lunge +

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Perform forward lunges onto a balance mat or bosu
- Keep your knee aligned over your toes
- Keep your trunk upright and your back straight
- 3 x 8-16 repetitions



## 9. Side lunges

🕒 3 x 8-16 repetitions

- **Purpose:** To improve hip flexibility and control
- Perform deep squats to each side
- Keep knees aligned with toes
- Simulate a serve
- 3 x 8-16 repetitions



## 10. Push up + backwards toe walk

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen the chest, arms and abdomen
- Start by doing a normal push up
- Walk your whole body backwards and forwards using your ankles
- Maintain a neutral spine throughout the whole exercise
- 3 x 8-16 repetitions

