1. Prone leg cross
   - Purpose: To improve hip and back flexibility
   - Keep both shoulders firmly on the floor
   - Take one foot towards the opposite hand
   - Alternate legs
   - Bend your knee
   - 2–3 x 6–8 repetitions

2. Supine leg cross
   - 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. Gluteal stretch
   - Purpose: To improve hip flexibility
   - 2 x 8 repetitions for 3–4 sec each
   - Start in a plank position
   - Place one foot between just behind the opposite hand, then move your weight backwards
   - Lower your hips, keeping them parallel with the floor
   - Variation: Change the angle of your front knee
   - 2 x 8 repetitions for 3–4 sec each

4. Pelvic control
   - 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

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

6. Step up
   - Purpose: To improve hip and knee control
   - Perform a high step up using your arms actively
   - Keep your knee aligned over your toes
   - Progression: Use a higher step, or add a weighted backpack
   - 3 x 8–16 repetitions

7. Shoulder blade control
   - Purpose: To improve back and shoulder control
   - Lift up upper body and push arms forwards
   - Place shoulder in about 90 degrees
   - In the end position pull shoulder blades back and down
   - 3 x 8–16 repetitions

8. Y exercise
   - Purpose: To strengthen the shoulders and upper back
   - Elevate arms in a Y-pattern
   - Keep shoulders low
   - Keep you arms straight
   - In the end position pull shoulder-blades back and down
   - 3 x 8–16 repetitions
1. Hamstrings stretch
   - Purpose: To improve hamstring flexibility
   - Hold behind your thigh
   - Straighten your knee as far as possible
   - Keep your ankle relaxed throughout the exercise
   - 3 x 5–8 repetitions

2. Upper back mobility
   - 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 10–15 repetitions

3. The swimmer
   - Purpose: To strengthen the shoulders back and neck
   - Lie over a bosu with your feet on a box
   - Hold your body in a straight line
   - Move the elastic band behind your body, squeezing your shoulder-blades together
   - Keep your neck in line with your body, pull your chin slightly inward
   - Slowly return to start position
   - 3 x 8–16 repetitions

4. Core stability with ball
   - 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

5. Lunges
   - Purpose: To improve hip and knee control
   - Lunge forwards, backwards and to the side
   - Keep knees aligned with toes
   - Maintain upper body in upright position
   - 3 x 8–16 repetitions

6. Deep single-leg squats
   - 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

7. Step-ups in cycling position
   - 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

8. Squat +
   - 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

9. Copenhagen adductor short
   - Purpose: To strengthen the adductor muscles
   - Partner holds you above the knee
   - Keep your body stable, lower and lift the bottom leg
   - Perform the exercise slowly
   - 3 x 8–16 repetitions
1. Prone leg cross
   - Purpose: To improve hip and back flexibility
   - Take one foot towards the opposite hand
   - Alternate legs
   - 2–3 x 6–8 repetitions

2. Supine leg cross
   - Purpose: To improve hip and back flexibility
   - Cross one knee toward the opposite hand
   - Progression: Perform with straight legs
   - 2–3 x 6–8 repetitions

3. Single-leg pelvic rotation
   - 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

4. The elephant
   - Purpose: To improve hamstring flexibility
   - Press your heels down in the final position
   - 2–3 x 6–8 repetitions

5. Single-leg pelvic rotation
   - Purpose: To improve pelvic control
   - Lean against a wall and lift one knee until your thigh is 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

6. Kneeling lunge with rotation
   - Purpose: To improve rotational flexibility
   - Start in a kneeling lunge position
   - Place one hand next to your front foot, and lift the opposite hand straight up
   - 3 x 8–16 repetitions

7. Standing Y +
   - Purpose: To strengthen the shoulders and upper back
   - Keep your body upright and extend your arms overhead
   - Expand the elastic before lifting up the arms
   - Elbows should remain in the same position during the exercise
   - Squeeze your shoulder blades together at the top
   - 3 x 8–16 repetitions

8. Overhead shoulder strength
   - 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

9. The swimmer
   - Purpose: To strengthen the shoulder and upper back
   - Keep our shoulders low and squeeze shoulder blades together
   - 3 x 20-30 seconds