1. Hip flexor stretches
- 8 repetitions per side, hold each position for 4 sec
  - Purpose: To improve hip flexibility
  - Stretch the front of one hip in a kneeling lunge position
  - Lean your trunk backwards and to the side
  - Progressions: Lift your rear knee and perform dynamic lunges
  - 8 repetitions per side, hold each position for 4 sec

2. Ankle and toe strength in splits
- 3 x 8–16 repetitions
  - Purpose: To strengthen the ankle and foot
  - Sit in the splits
  - Keep your hips parallel
  - Flex your ankle against an elastic
  - Flex your foot and toes
  - 3 x 8–16 repetitions

3. Single-leg bridge
- 3 x 8–16 repetitions
  - Purpose: To strengthen the gluteal and hamstrings muscles
  - Lie on your back with one knee drawn into your chest
  - Push through your opposite heel to lift your hips until your body is straight
  - Maintain a neutral low back throughout the movement
  - 3 x 8–16 repetitions

4. Pelvic mobility
- 3 x 30–60 seconds
  - Purpose: To improve awareness and control of your pelvic position
  - Kneel on all fours
  - Slowly roll your pelvis backwards and forwards
  - Keep your upper back relaxed and still throughout the exercise
  - 4 x 30–60 seconds

5. Shoulder overhead stretch
- 20 repetitions followed by a 20 sec hold
  - Purpose: To increase shoulder flexibility
  - Kneel in front of a chair and place your elbow on the chair
  - Bend your elbow fully, placing your palm on your shoulder blade
  - Bend forward from the hips with a neutral spine
  - Stretch your shoulder overhead by gently thrusting your chest towards the floor
  - Repeat in small rhythmic movements, then hold a static stretch
  - 20 repetitions followed by a 20 sec hold
1. Single-leg balance +

3 x 60 seconds
- Purpose: To improve hip, knee and ankle control
- Stand on one leg on a balance mat, slightly bend one knee
- 1. Move your opposite leg in a large arc from front to back
- 2. Perform heel-raises on your standing foot
- 3. Perform single-leg squats
- 3 x 60 seconds

2. Fondue

Repeat the series two times on each side
- Purpose: To improve ankle strength and stability
- Repeat the series two times on each side

3. Squat jumps

3 x 8–16 repetitions
- Purpose: To improve knee and ankle stability
- Use an elastic band right beneath your knees
- Jump up as high as possible
- Land softly
- Keep your knee bent and aligned over your toes
- 3 x 8–16 repetitions

4. Hip extension with elastic

3 x 8–16 repetitions
- Purpose: To improve hip and spinal control
- Start by kneeling on all fours with your spine in a neutral position
- Place an elastic around one foot
- Kick backwards until the hip is fully extended
- Move from the hip without moving your low back
- 3 x 8–16 repetitions

5. Supine plank

3 x 8–16 repetitions
- Purpose: To improve back strength and control
- Lie on your back with your feet on a high bench or box
- Lift your hips until your body is straight from shoulder to ankle
- Bend one hip, then let your knee fall out to the side
- Keep your hips parallel throughout the exercise
- 3 x 8–16 repetitions

6. Supine pelvic control

3 x 10–30 repetitions
- Purpose: To improve abdominal strength and low back and hip control
- Start lying with your arms overhead and your hips and knees bent to 90 degrees
- Lower one leg at a time towards the floor
- Keep your low back gently against the floor throughout the exercise
- Progression: Perform with both legs or fasten an elastic around both feet
- 3 x 10–30 repetitions

7. Squat with backwards bend

3 x 8–12 repetitions
- Purpose: To improve control of spinal extension
- Stand 50 cm from a wall with your heels parallel
- Perform a squat with while swinging your arms
- At the top, lean backwards to touch the wall with both hands
- Keep you eyes on your hands
- 3 x 8–12 repetitions
1. **Relevé**

   - Purpose: To improve ankle strength and stability
   - Place an elastic around your ankle so that it pulls it sideways
   - Keep your ankle straight as you raise and lower your heel
   - Perform heel raises in different positions
   - Repeat with the elastic pulling your ankle in the opposite direction
   - 3 x 8–16 repetitions

2. **Spring jumps**

   - Repeat the series three times
   - Purpose: To improve jumping technique and performance
   - Start with your feet hip width apart
   - Perform 4 jumps with a pause, and 4 spring jumps with no pause
   - Perform 4 hops on each leg, with and without a small bounce in-between
   - Full extend your knees when in the air
   - Repeat the series three times

3. **Step up + flyer**

   - 3 x 8–16 repetitions
   - Purpose: To improve balance and leg strength
   - Step up onto a box keeping your hips parallel and your knee aligned over your toes
   - Stop at the top with your knee slightly bent
   - Bend forward from the hips with a neutral spine
   - Slowly return to the start position

4. **Bird dog on toes**

   - 3 x 40–60 seconds
   - Purpose: To improve spinal control
   - Kneel on all fours, then lift your knees off the mat
   - Stretch out one arm and the opposite leg
   - Do not move your spine throughout the exercise
   - Can be simplified by lifting arm and leg independently

5. **Upper back strength**

   - 3 x 8–16 repetitions
   - Purpose: To strengthen your shoulders and upper back
   - Lie on your belly with your arms stretched out overhead
   - Tighten an elastic band until your hands are shoulder-width
   - Lift your arms from the floor and squeeze your shoulder blades together
   - Draw your elbows down until your hands are next to your shoulders

6. **Rolling C**

   - 3 x 3–5 in each direction
   - Purpose: To strengthen the abdominal and back muscles
   - Lie on your back and lift your arms and legs so your body makes a long C shape
   - Roll directly onto your front and make a reverse C position
   - Continue rolling in the same direction without letting your hands or feet touch the ground

7. **Back extension and rotation control**

   - 3 x 8–12 repetitions
   - Purpose: To improve control of spinal extension and rotation
   - Stand 50cm from a wall with your heels parallel and your hands behind your head
   - Rotate and extend your spine to take one elbow at a time towards the wall
   - Keep your hips parallel and your pelvis still throughout the movement
   - Keep your eyes on your leading elbow

8. **Standing diagonal rotation**

   - 3 x 8–12 repetitions
   - Purpose: To improve awareness and control of trunk rotation
   - Stand with one foot forward, with your weight on the forward foot
   - Move one hand downwards and across your body, rotating your trunk
   - Change directions, moving your hand diagonally upwards and behind you
   - Extend and rotate your trunk in the finish position
   - Keep your eyes on your leading hand