

## 1. Active stretch routine

🕒 3 x 6–8 repetitions

- Purpose: To improve flexibility in the back, hips and hamstrings muscles
- Prone and supine crossover: Keep your shoulders on the floor
- Hip flexor stretches: maintain a neutral spine and push you hips forward
- Downward-facing dog: Keep your knees straight and maintain a neutral spine
- 3 x 6–8 repetitions



## 2. Shoulder circles with elastic

🕒 3 x 8–16 repetitions

- Purpose: To improve shoulder flexibility
- Make large circles with your arms
- Keep your elbows straight and maintain tension in the elastic
- All movement should come from the shoulders
- 3 x 8–16 repetitions



## 3. Leg extension

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and spine control
- Kneel on all fours
- Hold an elastic between your hand and foot, looping around the opposite knee
- Extend your leg straight out behind you
- Maintain a neutral spine throughout the whole movement
- 3 x 8–16 repetitions



## 4. Supine bridge

🕒 3 x 8–16 repetitions per each side

- Purpose: To strengthen the gluteal and hamstrings muscles
- Lie on your back with your heels on a low box
- Lift you hips until your body is aligned from shoulder to ankle
- Maintain a neutral spine throughout the whole movement
- Progression: Perform the exercise with one leg at a time
- Alternative: Rotate your foot in different directions
- 3 x 8–16 repetitions per each side



## 5. Arm raise + bow and arrow

🕒 3 x 30 seconds per exercise

- Purpose: To improve hip, trunk and shoulder flexibility
- Keep both hips facing forward
- Stretch the elastic as you lift it up to shoulder height
- Step forward, fully rotate your trunk and open your chest and shoulders
- Maintain a neutral curve in your low back
- 3 x 30 seconds per exercise



## 6. Single-leg pelvic rotation

🕒 2–3 x 6–8 repetitions

- Purpose: To improve pelvic and low back control
- Keep standing leg straight
- Lift knee of free leg
- Perform isolated pelvic rolls
- Maintain wall contact with upper back and butt
- 2–3 x 6–8 repetitions



## 7. Sitting hamstrings stretch

🕒 3 x 6–8 repetitions

- Purpose: To increase hamstring muscle flexibility
- Sit on a box with a straight upper body
- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- Hold for approx. 5 seconds
- 3 x 6–8 repetitions



## 8. 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



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## 2. Bridge shoulder stretch

🕒 3 x 30 seconds

- Purpose: To improve shoulder flexibility
- Begin the movement by arching your back and lifting your chest
- Lift your hips into a bridge position
- Keep your body aligned from knees to shoulders
- Make small movements forwards and backwards to stretch your shoulders
- Progression: Lift one hand and make a large circle by rotating your trunk
- 3 x 30 seconds



## 3. 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



## 4. Kneeling Y exercise

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Lift both arms overhead, keeping your elbows straight
- Sweep your hands downwards to the side of your body
- Return slowly in the opposite direction
- Progression: Kneel on an unstable surface
- 3 x 8-16 repetitions



## 5. Pelvic control +

🕒 3 x 8-16 repetitions

- Purpose: To improve control of the pelvis and low back
- Lie on a box or bench with your pelvis hanging over the edge
- Straighten one leg, maintaining a neutral spine position
- When your leg is outstretched, perform 3 small pulses moving from the hip
- Advanced progression: Perform with both legs together
- 3 x 8-16 repetitions



## 6. Hip thrusts

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and low back control
- Start on both knees with your hands behind your head
- Drive your hips forwards and upwards
- Lift your arms overhead in one drive
- Maintain a neutral spine position throughout the movement
- Progression: Take one foot forward to finish in a lunge position
- 3 x 8-16 repetitions



## 7. Active hip flexor stretch

🕒 3 x 8-16 repetitions

- Purpose: To improve hip flexibility and pelvic control
- Place one foot in front of you as you drive your hips forwards and upwards
- Simulate a running movement with your arms
- Maintain a neutral spine position throughout the movement
- Alternate sides
- 3 x 8-16 repetitions



## 8. Diagonal rotations

🕒 As many as possible with good control

- Purpose: To improve hip and spine control
- Perform a small single-leg squat and rotate towards the standing leg
- Rotate fully in the opposite direction as you stand up, lifting the broomstick overhead
- Take your knee out to the side
- Lean backwards in the final position
- As many as possible with good control



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- Downward-facing dog: Keep your knees straight and maintain a neutral spine
- 3 x 6–8 repetitions



## 2. Reverse sit-up

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the upper back and shoulders
- Sit with your arms outstretched overhead
- Hold an elastic in each hand
- The elastic should be attached high on the wall
- Sit backwards slowly maintaining a neutral spine
- 3 x 8–16 repetitions



## 3. Single-leg pelvic rotation

🕒 2–3 x 6–8 repetitions

- 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



## 4. Calf stretch + hip thrust

🕒 3 x 8–16 repetitions per each side

- Purpose: To improve ankle and hip flexibility
- Start with a straight-knee calf stretch
- Raise up on your toes
- At once, lift your opposite knee and push your hip forwards
- 3 x 8–16 repetitions per each side



## 5. Single-leg forward bend variations

🕒 As many as possible with good control

- To improve control of the hip, knee and ankle
- Stand on one leg holding a broomstick
- Rotate your trunk away from the standing leg
- Bend forward from the hips and perform a small single-leg squat
- Rotate your trunk in the opposite direction and repeat
- Maintain a neutral spine throughout the whole movement
- As many as possible with good control



## 6. Single leg hop

🕒 3 x 30 seconds per exercise

- Purpose: To improve hip, knee and ankle control
- Perform small single-leg hops with good hip pelvic control
- Generate power from the ankle, keeping your knee stiff
- Rotate your hip inwards and outwards, and move sideways as you hop
- 3 x 30 seconds per exercise

