

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

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

2–3 x 6–8 repetitions

3. Downward-facing dog

2–3 x 6–8 repetitions

Purpose: To improve hamstring flexibility

Try to keep your lower back straight throughout the exercise

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 sec 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

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