

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

4 x 8 repetitions for 3–4 sec each

6. Pelvic control with leg drive

2–3 x 6–8 repetitions

Purpose: To improve low back and pelvic control
Lie on a box with your pelvis hanging over the edge
Press lower back down and extend your hips
Hold the elastic tight around your feet
Your partner should only apply light resistance
Stop before you fully extend your hips

2–3 x 6–8 repetitions

7. Thread the needle

2–3 x 6–8 repetitions

Purpose: To improve hip flexibility and abdominal strength
Try to keep your pelvis and low back on the floor
Fully flex your hips

2–3 x 6–8 repetitions

8. Exercise ball rowing

2–3 x 8–16 repetitions

Purpose: To improve the ability to move the hips independently of the spine
Sit on the "front of your sitting bones"
Simulate a rowing motion
Keep your low back in a neutral position and move from the hips
Progression: Increase the movement speed

2–3 x 8–16 repetitions

9. Single-leg squat with forward bend

2–3 x 8–16 repetitions

Purpose: To improve power transfer and movement timing
Perform a single-leg squat, bending forward from the hips in a rowing motion
Keep your head aligned over your knee and foot as you bend forward
Maintain a neutral spine
Keep your whole foot in contact with the mat throughout the exercise

2–3 x 8–16 repetitions