

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. 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

5. 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

6. 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

7. 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

8. 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