

### 1. Prone 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. 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

### 3. Kneeling lunge

3 x 8-16 repetitions

Purpose: To improve hip mobility

Place one foot forward, keeping the knee over the heel

Keep your back straight and push your hips forwards

Your hips should be in front of your belly button

Perform the same movement to the side and diagonally backwards, keeping your hips parallel

### 4. Rotational strength

3 x 8-16 repetitions

Purpose: To improve rotation strength

Stand with your feet shoulder-width apart

Keep your arms straight

Your partner resists while you rotate

Take turns with your partner to rotate

### 5. Triple extension

3 x 8-16 repetitions

Purpose: To enhance strength in the abdomen and the back

Extend upper body

Throw the ball explosively overhead

Stabilise in final position with knee over toe alignment

### 6. Kneeling rotational throwing

3 x 8-16 repetitions

Purpose: To improve rotation strength

Kneel with extended hips and a straight back

Throw a weighted ball explosively by rotating your trunk

### 7. Overhead shoulder strength

3 x 8-16 repetitions

Purpose: To strengthen the shoulder and upper back

Stretch the elastic diagonally upwards using two straight arms

As you reach the top, rotate your trunk and pull your shoulder blade back

Return slowly using one arm only

### 8. Shoulder external rotation

3 x 8-16 repetitions

Purpose: To strengthen the shoulder external rotator muscles

Start with your shoulder elevated to 90° and your elbow flexed

Straighten your back and pull your shoulder blade back and down

Stretch the elastic by rotating your shoulder backwards as far as possible

Your upper arm should not move from its original position throughout the whole exercise

### 9. Sleepers stretch

3 x 30 seconds

Purpose: To improve shoulder mobility

Sidelying position

Place shoulder in about 90 degrees

Press underarm downwards

Shoulder rotates inwards