

### 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. Jump with 90 degree turn

10 jumps in each direction

Purpose: To improve technique for jumping on and off rails

Jump onto a mat, turning 90 degrees in the air

Land softly with your knees over your toes

Land in the same spot every time

Include a ball to increase challenge

### 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. 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

### 7. 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

### 8. Upper back mobility

3 x 10-15 repetitions

Purpose: To enhance back mobility

Move upper body slowly backwards in hyper extension

Maintain full contact with lower back

### 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