

1. Active stretch routine

3 x 6–8 repetitions

Purpose: To improve flexibility in the back, hips and hamstrings muscles

Prone and supine crossover:

Keep your shoulders on the floor

Hip flexor stretches: maintain a neutral spine and push your hips forward

Downward-facing dog:

Keep your knees straight and maintain a neutral spine

2. Bridge shoulder stretch

3 x 30 seconds

Purpose: To improve shoulder flexibility

Begin the movement by arching your back and lifting your chest

Lift your hips into a bridge position

Keep your body aligned from knees to shoulders

Make small movements forwards and backwards to stretch your shoulders

Progression: Lift one hand and make a large circle by rotating your trunk

3. Pelvic control

3 x 30 seconds

Purpose: To improve pelvic control

Kneel on all fours

Keep your spine still as you roll your pelvis forwards and backwards

4. Kneeling Y exercise

3 x 8–16 repetitions

Purpose: To strengthen the shoulders and upper back

Lift both arms overhead, keeping your elbows straight

Sweep your hands downwards to the side of your body

Return slowly in the opposite direction

Progression: Kneel on an unstable surface

5. Pelvic control +

3 x 8–16 repetitions

Purpose: To improve control of the pelvis and low back

Lie on a box or bench with your pelvis hanging over the edge

Straighten one leg, maintaining a neutral spine position

When your leg is outstretched, perform 3 small pulses moving from the hip

Advanced progression: Perform with both legs together

6. Hip thrusts

3 x 8–16 repetitions

Purpose: To improve hip and low back control

Start on both knees with your hands behind your head

Drive your hips forwards and upwards

Lift your arms overhead in one drive

Maintain a neutral spine position throughout the movement

Progression: Take one foot forward to finish in a lunge position

7. Active hip flexor stretch

3 x 8–16 repetitions

Purpose: To improve hip flexibility and pelvic control

Place one foot in front of you as you drive your hips forwards and upwards

Simulate a running movement with your arms

Maintain a neutral spine position throughout the movement

Alternate sides

8. Diagonal rotations

As many as possible with good control

Purpose: To improve hip and spine control

Perform a small single-leg squat and rotate towards the standing leg

Rotate fully in the opposite direction as you stand up, lifting the broomstick overhead

Take your knee out to the side

Lean backwards in the final position