

1. Hip mobility

3 x 30 seconds

Purpose: To improve hip mobility

Sit with your hips and knees bent to 90 degrees

Roll both knees to one side, touching one on the floor in front of you

Slowly rotate from side to side

2. 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

3. Upwards Y

3 x 8-16 repetitions

Elevate your chest, squeeze the shoulder-blades together

Pull the elastic band upwards with both arms, make a y-pattern

4. Upper body rotations

3 x 8-16 repetitions

Rotate upper body upwards with extended arm

Alternate sides

Have your eyes on the ball

5. Push up +

3 x 8-16 repetitions

Purpose: To improve upper body strength and shoulder stability

Perform push ups

At the top, keep elbows straight

Push upper back as high as possible

6. Single-leg squat +

As many as possible with good control

Purpose: To strengthen quadriceps and gluteal muscles and improve lower limb control

Single-leg squat on a BOSU

Keep your knee aligned over your toes

Avoid rotation and tilt of the hips

7. Squat with rotation +

3 x 8-16 repetitions

Purpose: To improve knee control and upper back flexibility

Perform a deep squat on a bosu, take one hand to opposite ankle at the bottom

Fully rotate upper body as you straighten up

Keep knees aligned over toes

8. Squat challenge +

3 x 8-16 repetitions

Purpose: To improve reaction time and hip and knee control

Start standing upright on a bosu with feet hip-width apart

Place your palms on top of partners hands

Your partner unexpectedly drops the balls

Squat and try to catch the two balls