



## Child's Pose

Sets: 3 | Reps: 30 | Hold: 3 sec

### Preparation:

- Kneel on the floor, buttocks over heels.

### Execution:

- Stretch arms forward far as you can.
- Let head and trunk sag to the floor and hang heavy.
- Keep buttocks over heels.
- Relax.



*Start*



*Buttocks over heels,  
stretch arms*

## Knee Extension Concentric - End Range (Band+Chair)

Sets: 3 | Reps: 20 | Hold: 1 sec

### Preparation:

- Loop band behind your knee slightly above the knee joint as shown
- Attach band to chair or door
- Stand with good posture, knee slightly bent

### Execution:

- Straighten your knee as much as you can, pushing your bodyweight through your leg
- Relax your knee, returning to the start position



*Knee slightly bent*



*Straighten knee*

## Hip Internal Rotation | Unilateral

Sets: 3 | Reps: 20 | Hold: 1 sec

### Preparation:

- Sit upright
- Feet flat and wide

### Execution:

- Drop knee inwards
- Repeat the other side



*Feet wide*



*Knee falls in*



*Knee falls in*



## Hamstring Mobilization

Sets: 3 | Reps: 15

### Preparation:

- Bend over with knees bent
- Place hands under toes

### Execution:

- Lift bum up



*Start Position*



*Lift bum up*

## Anterior Shoulder Stretch Chair

Sets: 3 | Reps: 15

### Preparation:

- Start on all fours, hips and knees bent to 90 degrees
- Reach your arms over your head, grabbing a chair, bar or wall

### Execution:

- Gently push your chest towards the floor to feel a stretch in your back and chest



*Start position*



*Gently push chest toward floor, Avoid pushing / hinging at your shoulder as this can lead to injury*



## Deep Squat Progression

Sets: 3 | Reps: 10

### Preparation:

- Stand in front of box or wobble board, heels on board if needed

### Execution:

- Bend forward, tipping at the pelvis, place hands on the box or board
- Move into a squat position, keeping chest tall
- Reach hands up and rise back into start position



*Start Position*



*Bend forward at hips*



*Move into squat, keep tall posture*



*Reach both hands up*



*Return to Start Position*