



20 reps, 3 sets

1. Resisted clam shells

Lie on your side and place a band above your knees, approximately an inch or two above the knee joint. Bend your legs a little, keeping the feet in line with your back. Use your core stability muscles to keep the body stable. Keeping your feet together, lift the top knee up against the resistance of the band. Ensure you stay on your side and do not roll your hips and your body back with the movement. Lower the knee back down, controlling the resistance.



20 reps, 3 sets

2. Pilates clam level 3

Lie on your side and bend your legs so your hips are bent at a 45 degree angle and the knees are at a 90 degree angle. Stretch out your bottom arm and rest your head on it. Bend the top arm with your hand on the mat in front of your body for stability. Lift your both feet away of the mat, keeping your knees together and down. This is the starting position. EXHALE: rotate in your hip and lift your knee upwards, keeping your feet together. INHALE: rotate in your hip and close your knee together, keeping your feet in the air. Change the sides after desired number of the repetitions. Keep your pelvis stable and perpendicular to the floor while rotating in your hip joint. Maintain your feet together and at the same height off the mat, and your knees bent at a consistent 90 degree angle throughout. Engage your deep abdominal muscles to keep this alignment stable.

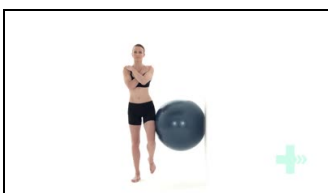
- With band



20 reps, 3 sets

3. Side plank on knees with resisted clam shell

Lie on your side with your knees bent and feet stacked one on top of the other. Tie a resistance band around your thighs, just above your knees. Prop yourself up on your forearm with your elbow under your shoulder. Tighten your abdominal and buttock muscles, and then lift your hips up off the floor. You should have a straight line from your head to your knees. Holding this position, lift your top knee up, keeping your feet together. Control the movement as you lower your knee back down again and repeat.

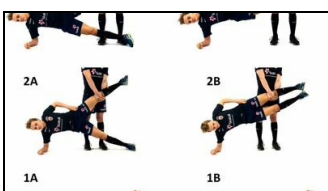


3 reps, 1 set

4. Gluteal abd strength with ball against wall and hip flex/ext [08065]

Stand side on to the wall with the ball between your thigh and the wall. Press the ball up against the wall using your thigh and hip muscles and then lift your leg off the floor with your knee bent and gently push the ball against the wall with this thigh. In this position, cross your arms and move the leg that is holding the ball forward and as far backward as possible by moving through the hip. Keep your hips square and your pelvis and lower back stable. As you move the ball backwards, be sure not to change the position of your lower back. Repeat and then swap legs.

- 1 minute hold



15 reps, 1 set

5. Copenhagen adductor strengthening protocol

One exercise with 3 progressions. The pictures show the start/end point (A) and mid point (B) of the exercise respectively. Start at the level you are able to complete pain free. You can use a bench to complete the level 2 (knee resting on bench) or 3 (ankle resting on bench) exercise. These should be completed 3 times per week in the off season and once per week in season. Complete on both legs.



20 reps, 3 sets

6. Crook setting with hip flexion into extension

Lie on your back with your knees bent and feet flat on the floor. Ensure your knees and feet remain hips width apart. Take a deep breath in, allowing your belly to rise. As you exhale, gently tighten your abdominal and pelvic floor muscles. Maintaining this contraction in your muscles, bring one knee in towards your chest, then lower it straight down onto the floor. Repeat this movement with your leg, ensuring you do not lose the contraction in your abdominal and pelvic floor muscles.

- Must be able to complete this exercise with control before moving onto other abdominal exercises.



20 reps, 3 sets

7. Crook abdominals crunch

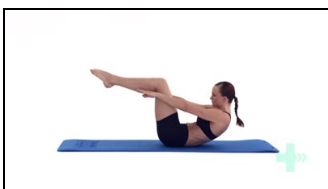
Lie on your back with your legs bent and your feet on the floor. Lift your arms off the floor and tuck your chin to your chest. Reach your hands towards your knees, curling your upper body off the floor. Control the movement back down, keeping your chin tucked in. You may find it helps to push your tongue into the roof of your mouth.



20 reps, 3 sets

8. Core activation - with leg extension

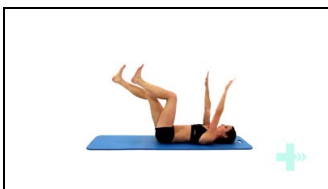
Lie on your back in the supine position with your legs bent at 45 degrees and your feet flat on the floor. Place the fingers of both hands underneath the small of your back with your palms facing upwards. Raise your feet off of the floor keeping your legs bent through the knees until your upper leg is at a 90 degree angle to your trunk. At the end of this movement you should be lying flat on your back with your upper legs at 90 degrees to your trunk and your lower legs bent through your knee and parallel to the floor with your toes pointing upwards. Now raise your head just off the floor and contract your abdominal muscles by pulling the navel in towards your spine. You should feel some pressure on your fingers as your abdominals contract. Slowly straighten out your legs as far as possible by pushing out with your thighs, maintain the tightness in your abdominals and feeling the pressure through the core of the body onto your fingers, do not lower your feet onto the floor as your legs extend. Maintain this position until you feel the pressure through the body core begin to relax, then raise your legs back up to the 90-degree position and hold in place for two seconds. Repeat the movement for the desired number of repetitions at a slow pace and do not allow your feet to touch the floor.



20 reps, 3 sets

9. Abdominals crunch in table-top position

Lie on your back and bring your legs up to a Table-Top position, keeping a 90 degree angle through your knees and hips. Lift your arms off the floor and tuck your chin to your chest. Reach your hands towards your feet, curling your upper body off the floor. Control the movement back down, keeping your chin tucked in. You may find it helps to push your tongue into the roof of your mouth.



20 reps, 3 sets

10. Dead bugs

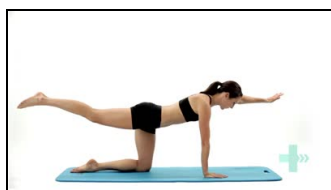
Lie on your back and bring your legs up to table-top position with your hips and knees at 90 degrees. Raise your arms straight up vertically over your head. Keeping your back flat, lower the opposite arm and leg away from one another towards the floor. Do not allow anything else to move and make sure your back stays flat on the floor. Return to the start position and repeat with the other pair.



11. Core pike on stability ball

Lie over the stability ball with your hands under your shoulders and the ball under your thighs. Keeping your legs straight, use your core muscles to pull the ball in, lifting your hips up and pulling your legs into a jackknife position. Control the movement back to the start position and repeat.

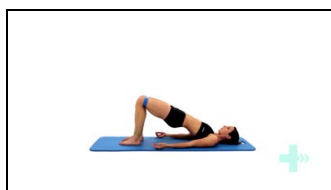
15 reps, 3 sets



12. Bird dog

Start on your hands and knees, with your hands under your shoulders, and knees under your hips. Tighten the abdominal core muscles. Extend the opposite leg and the opposite arm simultaneously, making sure you maintain good control in your torso. Do not allow your body or hips to rotate. Repeat on the other side.

20 reps, 3 sets



13. Bridge with resisted hip abduction

Tie a resistance band around both thighs, just above your knees. Lie on your back with your knees bent and legs hips width apart. There should be tension in the band. Raise your hips up into a bridge, keeping the knees hips width apart. Control the movement back down to the start position, maintaining constant tension on the band.

20 reps, 3 sets



14. SL bridge with resisted hip abduction

Lie on your back with your knees bent and feet flat on the floor. Tie a resistance band around your thighs just above your knees. There should be some tension in the band with your legs and feet hips width apart. Lift one leg off the floor a little. Ensuring you keep a hips distance between your knees and feet, push through your grounded foot to lift your hips up into the air. Hold this position, then control the movement as you slowly lower your hips back to the floor. Check your legs have remained hips distance apart throughout.

20 reps, 3 sets, 3 s hold



15. Side lying thoracic rotations L2

Lie on your side with the bottom leg straight and the top leg bent. You can rest your top leg onto a folded towel. Stretch both arms out in front of you as far as you can. Keep your bottom arm on the floor as you reach the top up and back, allowing your body to rotate with the movement. You will feel this stretch through your upper back.

20 reps, 2 sets, 2 s hold

**16. Half kneeling thoracic rotations**

Set up in a half-kneeling position on the ground with both hands on the ground inside your front foot. Palms should be flat on the ground. Lift one hand and rotate your chest toward the front leg. Keep your front foot flat on the ground as you do it. Reach up and rotate your chest toward that front leg. Place the hand back down on the ground and then lift your other hand up toward the ceiling and rotate your chest away from the front leg. Place the hand back down and repeat the rotation toward your front leg. Move slowly and keep your front foot flat on the ground.

20 reps, 3 sets

**17. Segmental thoracic extension over foam roll - hands behind head**

Place a foam roll across the floor. Lie back with the foam roll running across the level of your spine that you would like to stretch. Wrap your hands around the back of your head to support the weight. Ensure you do not pull your head forward, keep it in line with the rest of your spine. Inhale, then as you exhale allow your body to relax over the foam roll. Hold this position in a stretch, continuing to focus on your breathing.

4 reps, 2 sets, 60 s hold
