

1. Stability ball knee extension 04170



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

Combine Exercises 2 and 3 - as per demonstration at camp.

2. Stability ball bridging leg extension 00474



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

3. Side lying hip abduction 03043



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

4. Stability ball back extension 00837



2-3 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

5. Stability ball rotation 04206



2-3 sets. Build up to 10-20 rotations. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; don't rush.

6. Stability ball roll out stabilization 03007



2-3 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

7. Kneeling arm-leg raise 04974



2-3 sets. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets. Complete sets or until your technique is negative affected.

Complete exercise 8 every second week.

8. Prone stabilization 02071



2-3 sets. Build up to 10-15 reps holding 15sec. Extremely important to focus on SLOW CONTROLLED MOVEMENTS. Take your time to rest between sets, maintain strong balance and core control; minimise body rocking.

9. Band hip ER 01145



2-3 sets on each side. Build up to 10-15 reps. Extremely important to focus on SLOW CONTROLLED MOVEMENTS.

Daily Shoulder rehabilitation and strengthening exercises

10. Band rotator cuff-ER 00581



Slow and controlled movements throughout the entire movement phase. 3 x 15-20 reps on both sides.

11. Band rotator cuff-ER 00586



Slow and controlled movements throughout the entire movement phase. 3 x 15-20 reps on both sides.

12. Side lying rotator cuff-ER 03466



Slow and controlled movements throughout the entire movement phase. 3 x 15-20 reps on both sides. Start at a very light weight.