



Pick 3 or 4 exercises from each section

[These exercises can be incorporated into your pitch session warm up](#)

## Shoulder/T-Spine Mobilisation

1. **Shoulder circles-fwds/bwds (x10 each direction)**
2. **Arms across (x10 each side)**



Arms across chest 15-20 reps



Full arm circles  
10 - 15 reps in each direction  
both arms

3. **Cat/Camel Stretch (x6)**

Get onto hands and knees. Raise the spine up and look downward, gently take in a deep breath. Exhale, and arch the low back and look upward.



4. **Quadruped rotation (x4 each side)**

Start in quadruped hands and knee. Place one hand behind the neck. Sit back on your heels to lock out the pelvis and place the rotational torque on the T-spine. Take a breath in and exhale to begin to rotation





**5. 90/90 Shoulder Stretch-open & close book (x4 each side)**

Starting with a knee bent position emphasize knees and hips 90/90. Begin by breathing in and taking the top hand reaching forward. Then exhale out and raise the arm up and over. Try to have the back of the hand contact the ground. Breathe in again and return.



**6. 90/90 Shoulder Stretch-sweep arms overhead (x4 each side)**

Starting with a knee bent position emphasize knees and hips 90/90. Begin by breathing in and sweep the top hand over your head, trying to maintain finger contact with the ground. Breathe in again and return



## Lower Body Mobilisation- Hip Mobility

**7. Spiderman Lunge with T spine rotation & elbows on floor (x4 each side)**





### 8. Lunge Stretch with External Rotation (x4 each side)

Hold on to foot with same-side hand. Allow knee to fall out to the side. Pulse into it for 8 counts. Turn torso to opposite side and repeat



### 9. Inchworm x6



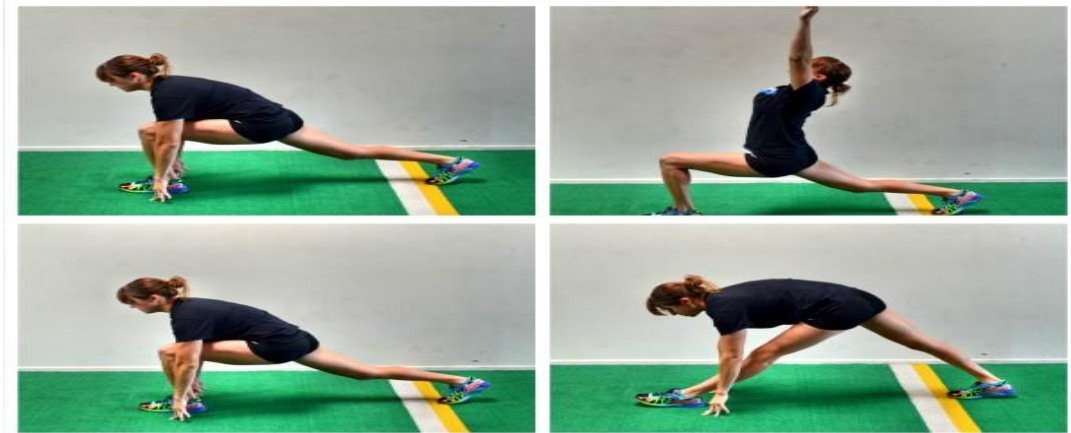
### 10. Glute/Piriformis Stretch (x4 each side)

Turn head towards knee/middle/foot





### World's Greatest Stretch (x4 each side)



### 11. Kneeling Quad/Hip Flexor Stretch (x4 each side)

Bring heel to glute, hold for 3-5 sec



### 12. Frogger Stretch (x4 each side)

Position knees as far apart as possible. Push back slowly to sit on to heels





### 13. Single Leg Frogger (x4 each side)

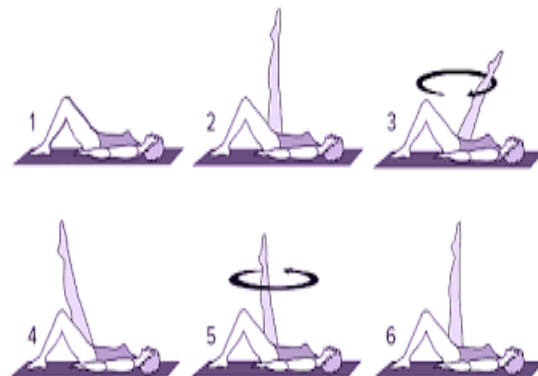
Extend one leg out to the side. Push back slowly.

- i. Turn toes towards the floor
- ii. Turn toes up to the ceiling



### 14. Hip Flexion/Rotation (x10 each side)

- i) Flex and extend hamstrings
- ii) Rotate leg clockwise
- iii) Rotate leg anti-clockwise





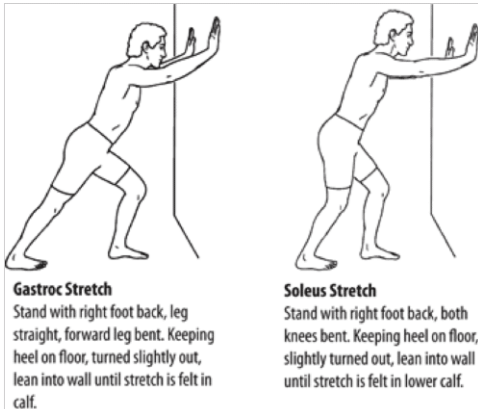
## Lower Body Mobilisation- Ankle Mobility

### 15. Ankle Mobility (x10 each side)

Without shoes, ensure heel is on floor in a lunge position, push knee over middle toe, inside big toe & outside little toe. Rpt x 10 each position



### 16. Gastroc/Soleus Wall Stretch



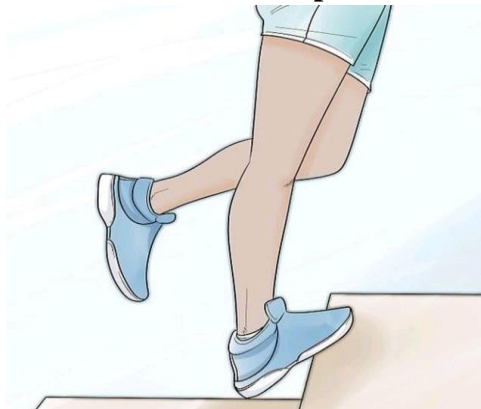
#### Gastroc Stretch

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.

#### Soleus Stretch

Stand with right foot back, both knees bent. Keeping heel on floor, slightly turned out, lean into wall until stretch is felt in lower calf.

### 17. Heel Drops



### 18. Kneeling Anterior Tibialis Stretch

1



2





## 19. Downward Facing Dog



Hold each stretch 16-19 for 30 sec. Rpt x2

## Core Activation



1. Plank circuit 1: 15sec-front/rt side/glute bridge/lt side
2. Plank circuit 2: 20sec- front with leg raise (10sec each leg)/ side plank with leg raise/ 1 leg glute bridge (10 sec each leg)/ side plank with leg raise
3. Plank circuit 3: 20 sec-front with arm raise (10sec each arm)/ side plank with leg raise/ marching glute bridge (10 reps each leg)/ side plank with leg raise.
4. Deadbug- x20 reps. (10 each side). Extend right arm and left leg while flexing left arm and right leg. Switch over slowly for a count of 4.