

1. Upwards Y

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen the shoulders and upper back
- Elevate your chest, squeeze the shoulder-blades together
- Pull the elastic band upwards with both arms, make a y-pattern
- 3 x 8-16 repetitions



2. External rotation

🕒 3 x 10-20 repetitions

- **Purpose:** To strengthen the shoulder rotator muscles
- Place elbow and shoulder in 90 degrees
- Use a handball or small weight ball
- Move the arm slowly upwards and downwards
- 3 x 10-20 repetitions



3. Sleepers stretch

🕒 3 x 30 seconds

- **Purpose:** To improve shoulder mobility
- Sidelying position
- Place shoulder in about 90 degrees
- Press underarm downwards
- 3 x 30 seconds



4. Forward lunges

🕒 3 x 8-16 repetitions

- **Purpose:** To improve hip and knee control
- Lunge forward
- Keep knees aligned over toes
- Maintain upper body upright
- 3 x 8-16 repetitions



5. Jumping lunges

🕒 3 x 8-16 repetitions

- **Purpose:** To improve hip and knee control
- Start in a lunge position with knees bent to 90°
- Jump directly to the same position on the other side
- Land softly, keeping your knees aligned with your toes
- 3 x 8-16 repetitions



6. Nordic Hamstrings

🕒 3 x 3-5 repetitions

- **Purpose:** To strengthen the hamstrings muscles
- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 3-5 repetitions



7. Back extension

🕒 2-3 x 6-8 repetitions

- **Purpose:** To strengthen the lower back
- Lie over an exercise ball
- Place your hands behind your head and lift your upper body
- 2-3 x 6-8 repetitions



1. Plank with pass

🕒 3 x 8-16 repetitions

- Purpose: To enhance shoulder and core stability
- Push up start position
- Pass the ball to partner
- Alternate arms
- 3 x 8-16 repetitions



2. Bow and arrow

🕒 3 x 8-16 repetitions

- Purpose: To strengthen your shoulder and upper back
- Pull the shoulder backwards
- Rotate upper body to the same side
- Keep the other arm straight
- 3 x 8-16 repetitions



3. Upper body rotation

🕒 3 x 8-16 repetitions

- Purpose: To strengthen your shoulders, abdomen and upper back
- Rotate upper body upwards with extended arm
- Alternate sides
- Have your eyes on the ball
- 3 x 8-16 repetitions



4. Squat +

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Stand on bosu
- Keep feet hip-width apart
- Start the movement from the hip
- Keep knees aligned with toes
- Sit down as if you are sitting on a chair, keeping your upper body straight
- 3 x 8-16 repetitions



5. Copenhagen Adduction short

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the adductor muscles
- Partner stabilises knee by holding around the knee
- Lift lower leg and elevate body simultaneously
- Maintain alignment
- Slow tempo
- 3 x 6-8 repetitions



6. Nordic Hamstrings

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the hamstrings muscles
- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 6-8 repetitions



7. Back extension

🕒 2-3 x 6-8 repetitions

- Purpose: To strengthen the lower back
- Lie over an exercise ball
- Place your hands behind your head and lift your upper body
- 2-3 x 6-8 repetitions



1. Upper body rotations

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen your shoulders, abdomen and upper back
- Rotate upper body upwards with extended arm
- Alternate sides
- Have your eyes on the ball
- 3 x 8-16 repetitions



2. Lower the arm

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen your shoulder and upper back
- Stretch the elastic band to a position similar to a shot position
- Lower the arm and rotate upwards
- Back to start position
- 3 x 8-16 repetitions



3. Backwards throw

🕒 3 x 10-20 repetitions

- **Purpose:** To improve strength in the shoulder rotator muscles
- Partner throws ball backwards
- Throw ball back to partner
- Use handball or small weight ball
- 3 x 10-20 repetitions



4. Jumping lunges +

🕒 3 x 8-16 repetitions

- **Purpose:** To improve hip and knee control
- Start in a lunge position with knees bent to 90°
- Jump directly to the same position on the other side
- Land softly, keeping your knees aligned with your toes
- 3 x 8-16 repetitions



5. 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
- 3 x 8-16 repetitions



6. Copenhagen Adduction long

🕒 3 x 6-8 repetitions

- **Purpose:** To strengthen the adductor muscles
- Partner stabilises leg by holding around the ankle
- Elevate leg and body simultaneously
- Maintain alignment
- Slow tempo
- 3 x 6-8 repetitions



7. Nordic Hamstrings

🕒 3 x 8-12 repetitions

- **Purpose:** To strengthen the hamstrings muscles
- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 8-12 repetitions



8. Back extension

🕒 2-3 x 6-8 repetitions

- **Purpose:** To strengthen the lower back
- Lie over an exercise ball
- Place your hands behind your head and lift your upper body
- 2-3 x 6-8 repetitions

