1. Active stretch routine

3 x 6–8 repetitions

- Purpose: To improve flexibility in the back, hips and hamstrings muscles
- 1. + 2. Prone and supine crossover: Keep your shoulders on the floor
- 3. Hip flexor stretches: Maintain a neutral spine and push you hips forward
- 4. Downward-facing dog: Keep your knees straight and maintain a neutral spine
- 5. Keep your knees straight and the lower back in hyper extension
- 3 x 6–8 repetitions



2. 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



3. Kneeling lunge

2–3 x 6–8 repetitions

- Purpose: To improve hip mobility
- Place one foot forward, keeping the knee over the heel
- Keep your back straight and push your hips forwards
- Your hips should be in front of your belly button
- Perform the same movement to the side and diagonally backwards, keeping your hips parallel
- 2–3 x 6–8 repetitions



4. Squat

3 x 8–16 repetitions

- Purpose: To develop good squat technique
- Keep your feet hip width apart
- Start the movement from the hip
- Keep your knees aligned with toes
- Sit down as if you are sitting on a chair
- Keep your back straight
- 3 x 8–16 repetitions



5. 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



6. Short speed skating jump

3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- 3 x 8–16 repetitions



7. Calf stretch + hip thrust

3 x 8–16 repetitions per each side

- Purpose: To improve ankle and hip flexibility
- Start with a straight-knee calf stretch
- Raise up on your toes, lift your opposite knee and push your hip forwards
- 3 x 8–16 repetitions per each side



8. Supine bridge

3 x 8–16 repetitions per each side

- Purpose: To strengthen the gluteal and hamstrings muscles
- Lie on your back with your heels on a low box
- Lift you hips until your body is aligned from shoulder to ankle
- Maintain a neutral spine throughout the whole movement
- Progression: Perform the exercise with one leg at a time
- Alternative: Rotate your foot in different directions
- 3 x 8–16 repetitions per each side



9. 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



1. Active stretch routine

3 x 6–8 repetitions

- Purpose: To improve flexibility in the back, hips and hamstrings muscles
- 1. + 2. Prone and supine crossover: Keep your shoulders on the floor
- 3. Hip flexor stretches: Maintain a neutral spine and push you hips forward
- 4. Downward-facing dog: Keep your knees straight and maintain a neutral spine
- 5. Keep your knees straight and the lower back in hyper extension
- 3 x 6-8 repetitions

2. Kneeling lunge

2–3 x 6–8 repetitions

- Purpose: To improve hip mobility
- Place one foot forward, keeping the knee over the heel
- Keep your back straight and push your hips forwards
- Your hips should be in front of your belly button
- Perform the same movement to the side and diagonally backwards, keeping your hips parallel
- 2-3 x 6-8 repetitions

3. 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

4. Single-leg body tilt

3 x 8–16 repetitions

- Purpose: To improve trunk control and hamstring strength
- Balance on one leg, with your knee slightly bent
- Tilt your upper body forwards from the hip
- Keep your head, back and opposite leg in a straight line
- 3 x 8-16 repetitions

5. Long speed skating jump

3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- Gradually increase the jump distance
- 3 x 8-16 repetitions

6. Single-leg hip thrust

3 x 8–16 repetitions per each side

- Purpose: To strengthen the gluteal muscles
- Lie in a bridge with your shoulders on a bench
- Bend your knee to 90 degrees and take your weight through one heel
- Lift your pelvis upwards
- Simulate a running movement by striding with the opposite leg
- 3 x 8-16 repetitions per each side

7. Pelvic control +

3 x 8–16 repetitions

- Purpose: To improve control of the pelvis and low back
- Lie on a box or bench with your pelvis hanging over the edge
- Straighten one leg, maintaining a neutral spine position
- When your leg is outstretched, perform 3 small pulses moving from the hip
- Advanced progression: Perform with both legs together
- 3 x 8-16 repetitions

8. Ankle strength +

3 x 30 seconds

- Purpose: To improve ankle strength
- You partner has the elastic around the opposite leg to the side you are training
- Hold behind your thigh
- Keep your lower leg horizontal
- Flex and extend ankle joint
- 3 x 30 seconds

9. 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

1. Kneeling lunge

2–3 x 6–8 repetitions

- Purpose: To improve hip mobility
- Place one foot forward, keeping the knee over the heel
- Keep your back straight and push your hips forwards
- Your hips should be in front of your belly button
- Perform the same movement to the side and diagonally backwards, keeping your hips parallel
- 2-3 x 6-8 repetitions

2. 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

3. Squat challenge +

3 x 8–16 repetitions

- Purpose: To improve reaction time and hip and knee control
- Start standing upright on a bosu with feet hip-width apart
- Place your palms on top of partners hands
- Your partner unexpectedly drops the balls
- Squat and try to catch the two balls
- 3 x 8-16 repetitions

4. The diver

3 x 8–16 repetitions

- Purpose: To improve trunk control and hamstring strength
- Balance on one leg, with your knee slightly bent
- Tilt your upper body forwards from the hip
- Keep your head, back and opposite leg in a straight line
- Raise your arms overhead
- Progression: Hold a medicine ball or dumbbell
- 3 x 8-16 repetitions

5. Single-leg balance with elastic

3 x 8-16 repetitions per side

- Purpose: To improve hip, knee and ankle control
- Stand on one leg with an elastic around the opposite ankle
- Simulate a running movement with your free leg and arms
- Maintain perfect hip, knee and ankle alignment
- 3 x 8-16 repetitions per side

6. Speed skating jumps on balance mats

3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- 3 x 8-16 repetitions

7. Copenhagen adductor

3 x 8–16 repetitions

- Purpose: To strengthen the hip adductor muscles
- Partner holds you at the knee and ankle
- Keep your body stable, lower and lift the bottom leg
- Keep your body in straight line
- Perform the exercise slowly
- 3 x 8-16 repetitions

8. Nordic Hamstrings

3 x 8–12 repetitions

- 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