

1. Leg cross supine

🕒 2-3 x 6-8 repetitions

- Purpose: To enhance back and hip mobility
- Keep both shoulders firmly down
- Swing straight leg slowly to opposite hand
- Increase challenge by extending your legs
- 2-3 x 6-8 repetitions



2. Sidelying rotation

🕒 2-3 x 6-8 repetitions

- Purpose: To improve spinal flexibility
- Lie on your side with the top leg stabilised
- Both arms are outstretched
- Rotate trunk then stretch out your shoulder and elbow
- 2-3 x 6-8 repetitions



3. The elephant

🕒 2-3 x 6-8 repetitions

- Purpose: To enhance mobility in the hamstrings
- Keep your knees straight
- Press heels down in final position
- Rotate upper body and touch opposite foot
- 2-3 x 6-8 repetitions



4. Hip extension with rotation

🕒 3 x 6-8 repetitions

- Purpose: To enhance hip mobility
- Place your foot between your hands
- Keep your back leg as straight as possible
- Lift one arm at a time, rotating your upper body
- 3 x 6-8 repetitions



5. Forward lean + rotation

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hip control
- Stand on one leg with your opposite foot resting behind you on a box
- Bend forward from your hips and rotate your trunk
- Keep your hips facing forward
- Keep your knee aligned over your toes
- 2-3 x 6-8 repetitions



6. Hamstringstøying med rotasjon

🕒 3 x 6-8 repetitions

- 3 x 6-8 repetitions
- Keep leg straight
- Lean forward with straight upper body
- Rotate upper body to each side before lying back
- Repeat exercise on both legs
- 3 x 6-8 repetitions



7. Hamstringstøying

🕒 3 x 6-8 repetitions

- Purpose: To improve flexibility of the hamstrings muscles
- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- Hold for approx. 5 seconds



8. Pelvic control

🕒 3 x 30 seconds

- Purpose: To improve pelvic control
- Lie on your back with your knees bent/straight
- Roll the pelvis slowly backwards and forwards
- 3 x 30 seconds



9. Shoulder external rotation

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen the shoulder external rotator muscles
- Start with your shoulder elevated to 90° and your elbow flexed
- Straighten your back and pull your shoulder blade back and down
- Stretch the elastic by rotating your shoulder backwards as far as possible
- Your upper arm should not move from it's original position throughout the whole exercise
- 3 x 8-16 repetitions



10. Overhead shoulder strength

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen the shoulder and upper back
- Stretch the elastic diagonally upwards using two straight arms
- As you reach the top, rotate your trunk and pull your shoulder blade back
- Return slowly using one arm only
- 3 x 8-16 repetitions



11. Bow and arrow

🕒 3 x 8-16 repetitions

- Pull the shoulder backwards
- Rotate upper body to the same side
- Keep the other arm straight
- 3 x 8-16 repetitions



12. Sleepers stretch

🕒 3 x 30 seconds

- Sidelying position
- Place shoulder in about 90 degrees
- Press underarm downwards
- 3 x 30 seconds



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- 3 x 30 seconds



3. Hanging pelvic control

🕒 3 x 8-16 repetitions

- Purpose: To improve low back and pelvis control
- Hang on wall bars with straight arms and legs
- Roll your pelvis backwards and forwards without moving your mid-back
- Progression: Perform with one leg off the wall
- Progression: Rotate your trunk
- 3 x 8-16 repetitions



4. Hamstrings stretch against wall + rotation

🕒 3 x 6-8 repetitions

- Purpose: To increase hamstring muscle flexibility
- Lean against a wall with a broomstick across your shoulders
- Straighten one leg in front of you and bend forward from the hips
- Rotate your trunk to each side
- Maintain a neutral spine throughout the exercise
- 3 x 6-8 repetitions



5. Fall-forward hamstrings stretch

🕒 3 x 6-8 repetitions

- Purpose: To increase flexibility of the hamstrings muscles
- Stand with straight knees, holding a fixed bar behind your back
- Bend forward from your hips, then allow your back to roll forward
- Hang in the final position for approx 5 seconds
- 3 x 6-8 repetitions



6. Sitting arm raise

🕒 3 x 30 seconds

- Purpose: To strengthen the upper back muscles
- Sit with your legs stretched out in front of you
- Lift your arms straight out to the side with your palms up
- Squeeze your shoulder blades together
- 3 x 30 seconds



7. Sitting bow and arrow

🕒 3 x 30 seconds

- Purpose: To improve hip, trunk and shoulder flexibility
- Keep both hips facing forward
- Fully rotate your trunk and open your chest and shoulders
- Maintain a neutral curve in your low back
- 3 x 30 seconds



8. Hamstring-tøyning på kasse

🕒 3 x 6-8 repetitions

- Purpose: To improve flexibility of the hamstrings muscles
- Sit on a box or chair with one leg stretched out on front of you
- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- Hold for approx. 5 seconds
- 3 x 6-8 repetitions



9. Shoulder external rotation

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen the shoulder external rotator muscles
- Start with your shoulder elevated to 90° and your elbow flexed
- Straighten your back and pull your shoulder blade back and down
- Stretch the elastic by rotating your shoulder backwards as far as possible
- Your upper arm should not move from it's original position throughout the whole exercise
- 3 x 8-16 repetitions



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- **Purpose:** To strengthen the shoulder and upper back
- Stretch the elastic diagonally upwards using two straight arms
- As you reach the top, rotate your trunk and pull your shoulder blade back
- Return slowly using one arm only
- 3 x 8-16 repetitions



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- Pull the shoulder backwards
- Rotate upper body to the same side
- Keep the other arm straight
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- Place shoulder in about 90 degrees
- Press underarm downwards
- 3 x 30 seconds



1. Hamstrings stretch against wall

🕒 3 x 6–8 repetitions

- Purpose: To increase hamstring muscle flexibility
- Lean against a wall with a broomstick across your shoulders
- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- 3 x 6–8 repetitions



2. Standing hip rotation

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the hip muscles
- Stand on one leg with an elastic between one foot and the opposite knee
- Lean forward on a bench with your trunk horizontal
- Raise and lower the hip on your non-standing side
- Keep your spine in a neutral position throughout the movement
- 3 x 8–16 repetitions



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- Lift your arms straight out to the side with your palms up
- Squeeze your shoulder blades together
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4. Hamstringstøying med rotasjon

🕒 3 x 6–8 repetitions

- 3 x 6–8 repetitions
- Keep leg straight
- Lean forward with straight upper body
- Rotate upper body to each side before lying back
- Repeat exercise on both legs
- 3 x 6–8 repetitions



5. Hamstringstøying

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- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- Hold for approx. 5 seconds



6. Hip extension with rotation

🕒 3 x 6–8 repetitions

- Purpose: To enhance hip mobility
- Place your foot between your hands
- Keep your back leg as straight as possible
- Lift one arm at a time, rotating your upper body
- 3 x 6–8 repetitions



7. Reverse sit up

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the upper back and shoulders
- Sit with your arms outstretched overhead
- Hold an elastic in each hand
- The elastic should be attached high on the wall
- Sit backwards slowly maintaining a neutral spine
- 3 x 8–16 repetitions



8. Hamstring-tøyning på kasse

🕒 3 x 6–8 repetitions

- Purpose: To improve flexibility of the hamstrings muscles
- Sit on a box or chair with one leg stretched out on front of you
- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- Hold for approx. 5 seconds
- 3 x 6–8 repetitions



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- Stretch the elastic diagonally upwards using two straight arms
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10. Shoulder external rotation

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- **Purpose:** To strengthen the shoulder external rotator muscles
- Start with your shoulder elevated to 90° and your elbow flexed
- Straighten your back and pull your shoulder blade back and down
- Stretch the elastic by rotating your shoulder backwards as far as possible
- Your upper arm should not move from its original position throughout the whole exercise
- 3 x 8-16 repetitions



11. Upwards Y

🕒 3 x 8-16 repetitions

- 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

