



## 1. Standing Y

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Keep your body upright and extend your arms overhead
- Elbows should remain in the same position during the exercise
- Squeeze your shoulder-blades together at the top
- 3 x 8–16 repetitions



## 2. Standing row

🕒 3 x 8–16 repetitions

- Purpose: Strengthen shoulders and upper back
- Pull the elastic band backwards
- Keep shoulders low
- Keep elbows close to your body
- Squeeze your shoulder blades together
- 3 x 8–16 repetitions



## 3. 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



## 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. Backwards lunges

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Lunge backwards
- Keep knees aligned with toes
- Maintain upper body in upright position
- 3 x 8–16 repetitions



## 6. Side-lying groin strengthening

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the hip adductor muscles
- Lie on your side with your top leg bent forwards
- Lift the lower leg straight upwards and lower slowly
- Perform the exercise slowly
- Keep your foot horizontal throughout the exercise
- 3 x 8–16 repetitions



## 7. Ankle stretch

🕒 3 x 30 seconds

- Purpose: To improve ankle flexibility
- Put weight on forefoot
- Roll slowly forwards and backwards
- 3 x 30 seconds



## 8. Plantar fascia stretch

🕒 3 x 30 seconds

- Purpose: To improve flexibility of the foot
- Extend your toes against a wall or box
- Perform a bent-knee calf stretch in this position
- 3 x 30 seconds



## 9. Hip flexor stretch

🕒 3 x 5–8 repetitions

- Purpose: To improve hip flexibility
- Move weight slowly forwards
- Keep upper body straight
- Lean your upper body to the same side as your front foot
- 3 x 5–8 repetitions



## 1. Standing row

🕒 3 x 8–16 repetitions

- Purpose: Strengthen shoulders and upper back
- Pull the elastic band backwards
- Keep shoulders low
- Keep elbows close to your body
- Squeeze your shoulder blades together
- 3 x 8–16 repetitions



## 2. Superman

🕒 3 x 8–16 repetitions

- Purpose: To strengthen shoulder stability
- Keep shoulders low
- Squeeze your shoulder-blades together at the top
- 3 x 8–16 repetitions



## 3. Squat +

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Stand on unstable surface
- 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



## 4. Squat elastic band

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- 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. 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



## 6. Copenhagen adductor short

🕒 3 x 8–16 repetitions

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



## 7. Ankle stretch

🕒 3 x 30 seconds

- Purpose: To improve ankle flexibility
- Put weight on forefoot
- Roll slowly forwards and backwards
- 3 x 30 seconds



## 8. Plantar fascia stretch

🕒 3 x 30 seconds

- Purpose: To improve flexibility of the foot
- Extend your toes against a wall or box
- Perform a bent-knee calf stretch in this position
- 3 x 30 seconds



## 9. Hip flexor stretch

🕒 3 x 5-8 repetitions

- **Purpose:** To improve hip flexibility
- **Move weight slowly forwards**
- **Keep upper body straight**
- **Lean your upper body to the same side as your front foot**
- **3 x 5-8 repetitions**



## 10. Gluteal stretch

🕒 2 x 8 repetitions for 3-4 sec each

- **Purpose:** To improve hip flexibility
- **Start in a plank position**
- **Place one foot between just behind the opposite hand, then move your weight backwards**
- **Lower your hips, keeping them parallel with the floor**
- **Variation:** Change the angle of knee flexion
- **2 x 8 repetitions for 3-4 sec each**



## 1. Standing Y +

🕒 3 x 8–16 repetitions

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## 2. Standing row

🕒 3 x 8–16 repetitions

- Purpose: Strengthen shoulders and upper back
- Pull the elastic band backwards
- Keep shoulders low
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- Squeeze your shoulder blades together
- 3 x 8–16 repetitions



## 3. Squat +

🕒 3 x 8–16 repetitions

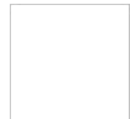
- Purpose: To improve hip and knee control
- Stand on bosu
- Keep feet hip-width apart
- Start the movement from the hip
- Keep knees aligned with toes
- Sit down as if you are sitting on a chair, keeping your upper body straight
- 3 x 8–16 repetitions



## 4. Single-leg squat

🕒 As many as possible with good control

- Purpose: To strengthen quadricep and gluteal muscles and improve lower limb control
- Keep your knee aligned over your toes
- Slowly return to start position
- Avoid rotation and tilt of the hips
- As many as possible with good control



## 5. 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



## 6. Copenhagen adductor

🕒 3 x 8–16 repetitions

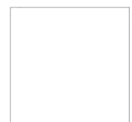
- Purpose: To strengthen the adductor muscles
- Partner holds you at the knee and ankle
- Keep your body stable, lower and lift the bottom leg
- Keep your body in straight line
- Perform the exercise slowly
- 3 x 8–16 repetitions



## 7. Ankle stretch

🕒 3 x 30 seconds

- Purpose: To improve ankle flexibility
- Put weight on forefoot
- Roll slowly forwards and backwards
- 3 x 30 seconds



## 8. Plantar fascia stretch

🕒 3 x 30 seconds

- Purpose: To improve flexibility of the foot
- Extend your toes against a wall or box
- Perform a bent-knee calf stretch in this position
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