

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. Single-leg hops +

🕒 3 x 30 seconds

- Purpose: To improve hip and knee control
- Single-leg hops
- Try to push your partner out off balance
- Keep knee aligned over toes
- 3 x 30 seconds



5. Progression: Step forward onto

🕒 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. Side plank

🕒 3 x 30 seconds on each side

- Purpose: To improve hip and trunk strength
- Support yourself on your elbow
- Your body should be in a straight line
- Keep you back in a neutral position
- 3 x 30 seconds on each side



7. 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



8. 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. Standing Y +

🕒 3 x 8–16 repetitions

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



2. 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



3. 2-leg forward jump +

🕒 3 x 8–16 repetitions

- Purpose: To improve landing control
- Land in a tuck position on unstable surfaces
- Land softly with your knees over your toes
- Increase the jump distance for a greater challenge
- 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
- Progression: Hold a medicine ball or dumbbell
- 3 x 8–16 repetitions



5. Progression: Step forward onto

🕒 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. Side lunges

🕒 3 x 8–16 repetitions

- Purpose: To improve hip flexibility and control
- Perform deep squats to each side
- Keep knees aligned with toes
- 3 x 8–16 repetitions



7. 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



8. 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. 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



2. 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



3. 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



4. Side lunges

🕒 3 x 8–16 repetitions

- Purpose: To improve hip flexibility and control
- Perform deep squats to each side
- Keep knees aligned with toes
- 3 x 8–16 repetitions



5. 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



6. 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

