

1. Ankle mobility

🕒 3 x 30 seconds

- Purpose: To improve ankle flexibility
- Start in lunge position
- Position the elastic band just above your ankle joint
- Move knee slowly forwards and backwards
- 3 x 30 seconds



2. Pelvic lift

🕒 2-3 x 6-8 repetitions

- Purpose: To improve low back and pelvis control
- Lie on your back with bent knees
- The hips and knees should remain 90 degrees throughout the whole exercise
- Lift up your pelvis
- 2-3 x 6-8 repetitions



3. Hip mobility

🕒 3 x 30 seconds

- Purpose: To improve hip mobility
- Sit with your hips and knees bent to 90 degrees
- Roll both knees to one side, touching one on the floor in front of you
- Slowly rotate from side to side
- 3 x 30 seconds



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. Leg curl

🕒 3 x 8-16 repetitions

- Purpose: To improve control of the hips, pelvis and low back
- Lift up your pelvis and extend your hips
- Slowly roll the ball towards you by bending your knees
- Roll the ball backwards until your knees are extended
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8-16 repetitions



6. Walking lunges

🕒 3 x 5-10 meter

- Purpose: To improve hip and knee control
- Walk forwards and backwards with deep lunges
- Cross your hands behind your head
- 3 x 5-10 meter



7. Rotation

🕒 3 x 20 seconds

- Purpose: To improve back flexibility
- Start in a 4-point kneeling position
- Rotate one arm at a time
- Keep your eyes on your hand during the exercise
- 3 x 20 seconds



8. Sideways box jump

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways from a box
- Land with good alignment through the hip, knee and ankle
- Use your arms to generate momentum
- Progression: Jump further away from the box
- 3 x 8-16 repetitions



9. Sideways shuffle

🕒 3 x 5 meter in each direction

- Purpose: To strengthen the gluteal muscles
- Start in a squat position
- Place an elastic band around your knees
- Shuffle sideways
- 3 x 5 meter in each direction



10. Sideways jumps on bosu

🕒 3 x 8–16 repetitions

- Purpose: To improve jumping power and technique
- Perform a deep squat on a bosu
- Jump sideways onto another bosu
- Go straight into another squat as you land
- Keep knees aligned with your toes
- 3 x 8–16 repetitions



11. Wheelbarrow

🕒 3 x 30 seconds

- Purpose: To improve strength and control in the trunk and shoulders
- Start in a plank position
- Partner holds your ankles
- Walk forwards and backwards on your hands
- Maintain a neutral back position throughout the exercise
- 3 x 30 seconds



12. Hamstrings stretch

🕒 3 x 5–8 repetitions

- Purpose: To improve hamstring flexibility
- Hold behind your thigh
- Straighten your knee as far as possible
- Keep your ankle relaxed throughout the exercise
- 3 x 5–8 repetitions



13. 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. Ankle mobility

🕒 3 x 30 seconds

- Purpose: To improve ankle flexibility
- Start in lunge position
- Position the elastic band just above your ankle joint
- Move knee slowly forwards and backwards
- 3 x 30 seconds



2. Back mobility

🕒 3 x 30 seconds

- Purpose: Improve lower back flexibility and control
- Stand with feet hip-width apart
- Start with your hips and knees bent
- Place an elastic band around your knees
- Tilt your pelvis forwards and backwards in different squat depths
- Controlled movement
- 3 x 30 seconds



3. Hamstrings stretch

🕒 3 x 5-8 repetitions

- Purpose: To improve hamstring flexibility
- Hold behind your thigh
- Straighten your knee as far as possible
- Keep your ankle relaxed throughout the exercise
- 3 x 5-8 repetitions



4. 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



5. Side hold +

🕒 3 x 30 seconds

- Purpose: To improve hip and trunk strength
- Support yourself on your elbow and lift your body
- Your body should be in a straight line
- Lift your top leg as high as possible
- Lower your body to the start position between repetitions
- 3 x 30 seconds



6. Leg curl +

🕒 3 x 8-16 repetitions

- Purpose: To improve control of the hips, pelvis and low back
- Lift up your pelvis and extend your hips
- Slowly roll the ball towards you with one leg by bending your knee
- Roll the ball backwards until your knee is extended
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8-16 repetitions



7. Push up

🕒 3 x 8-16 repetitions

- Purpose: To improve upper body strength and shoulder stability
- Perform push ups
- At the top, keep elbows straight and push upper back as high as possible
- 3 x 8-16 repetitions



8. Sideways shuffle

🕒 3 x 5 meter in each direction

- Purpose: To strengthen the gluteal muscles
- Start in a squat position
- Place an elastic band around your knees
- Shuffle sideways
- 3 x 5 meter in each direction



9. Hip thrust on ball

🕒 3 x 8–16 repetitions

- Purpose: To improve trunk control and balance
- Kneel on a large exercise ball
- Bend forward as far as possible
- Lift body and extend hips explosively
- 3 x 8–16 repetitions



10. Double-leg box jump

🕒 3 x 8–16 repetitions

- Purpose: To improve jumping power and technique
- Jump onto a box from a deep squat
- Land on 2 legs with knees over toes
- Hold the landing position for approx 1 sec
- 3 x 8–16 repetitions



11. Rotation +

🕒 3 x 8–16 repetitions

- Purpose: Improve spinal control and flexibility
- Kneel in a lunge position on two mats or balls
- Rotate trunk in each direction as far as possible
- Keep back straight
- Progression: Close your eyes
- 3 x 8–16 repetitions



1. Ankle mobility

🕒 3 x 30 seconds

- Purpose: To improve ankle flexibility
- Start in lunge position
- Position the elastic band just above your ankle joint
- Move knee slowly forwards and backwards
- 3 x 30 seconds



2. Glider

🕒 3 x 8–16 repetitions

- Purpose: To improve hip mobility and control
- Place a slippery material under one foot (e.g. a piece of carpet)
- Slide the foot slowly backwards into a lunge position
- Keep your weight on the front foot
- Maintain good alignment between your hips, knees and toes
- 3 x 8–16 repetitions



3. Hip mobility

🕒 3 x 30 seconds

- Purpose: To improve hip mobility
- Sit with your hips and knees bent to 90 degrees
- Roll both knees to one side, touching one on the floor in front of you
- Slowly rotate from side to side
- 3 x 30 seconds



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. Kneeling hip stretch +

🕒 2–3 x 6–8 repetitions

- Purpose: To improve hip flexibility
- 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
- Lift a ball overhead
- 2–3 x 6–8 repetitions



6. Leg curl

🕒 3 x 8–16 repetitions

- Purpose: To improve control of the hips, pelvis and low back
- Lift up your pelvis and extend your hips
- Slowly roll the ball towards you by bending your knees
- Roll the ball backwards until your knees are extended
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8–16 repetitions



7. Wheelbarrow +

🕒 3 x 30 seconds

- Purpose: To improve strength and control in the trunk and shoulders
- Start in a plank position
- Partner holds your ankles
- Partner lets go of one leg at a time
- Maintain alignment through your body
- 3 x 30 seconds



8. Single-leg squats with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve single-leg balance and control
- Perform a single-leg overhead squat
- Rotate your upper body towards the standing leg at the bottom
- Focus on good alignment between your hip, knee and toes
- Return explosively back to start position
- 3 x 8–16 repetitions



9. Single-leg box jump +

🕒 3 x 8–16 repetitions

- **Purpose:** To improve jumping control
- Jump with 2 legs from a bosu
- Land on one leg on a high box, focus on good hip and knee alignment
- Maintain landing position for approx 1 sec
- 3 x 8–16 repetitions



10. Double-leg box jump +

🕒 3 x 8–16 repetitions

- **Purpose:** To improve jumping power and technique
- Jump onto a box from a deep squat on a bosu
- Land on 2 legs with knees over toes
- Hold the landing position for approx 1 sec
- 3 x 8–16 repetitions



11. 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

