

1. Everyday training -audio description

🕒 One time

- Welcome to a training session focused on everyday exercise! This is a low-impact training session that is set to train your entire body
- The training session is divided into a warm-up, main set, and a cool-down, and is suitable for everyone, whether you're a beginner or experienced when it comes to training
- The video includes audio description



2. Balance and Coordination – audio description

🕒 One time

- Welcome to a training session focused on balance and coordination! This is a low-impact training session that is set to train your entire body
- The training session is divided into a warm-up, main set, and a cool-down, and is suitable for everyone, whether you're a beginner or experienced when it comes to training
- The video includes audio description



3. Endurance training 1 - audio description

🕒 One time

- Welcome to a training session that is focused on endurance! This is a training session that is set to train your entire body
- The training session is divided into a warm-up, main set, and a cool-down, and is suitable for everyone, whether you're a beginner or experienced when it comes to training
- The video includes audio description



4. Endurance training 2.0 - audio description

🕒 One time

- Welcome to the "Endurance 2.0" training session! This is a training session that is set to train your entire body
- The training session is divided into a warm-up, main set, and a cool-down
- This training sessions is slightly more challenging than Endurance Level 1
- The video includes audio description



5. Strength training level 1 - audio description

🕒 One time

- Welcome to a training session that is focused on strength training! This is a training session that is set to train your entire body
- The training session is divided into a warm-up, main set, and a cool-down, and is suitable for everyone, whether you're a beginner or experienced when it comes to training
- The video includes audio description



6. Strength training level 2 - audio description

🕒 One time

- Welcome to the "Strength 2.0" training session! This is a training session that is set to train your entire body
- The training session is divided into a warm-up, main set, and a cool-down
- This training session is slightly more challenging than Strength training Level 1
- The video includes audio description



7. Sitting rowing

🕒 3 x 8–16 repetitions

- Purpose: To increase control in the shoulder complex
- Keep your upper body straight
- Straighten your back and pull your shoulder-blade back and down



8. Sitting rotation

🕒 3 x 30 seconds

- **Purpose:** To improve thoracic spine flexibility
- Sit with your legs crossed
- Straighten your back
- Keep your shoulders low while you rotate your upper body
- Push against your knee with the opposite hand, look over your shoulder



9. Elbow extension

🕒 3 x 8-16 repetitions

- **Purpose:** To warm up and prevention of elbow injuries
- Keep upper body straight
- Hold one end of the elastic band against your chest
- Extend shoulder and elbow



10. Side lying rotation

🕒 3 x 30 seconds

- **Purpose:** To improve upper back flexibility
- Lie in a stable position on your side
- Pull your shoulder-blade back and down
- Leading with a straight arm, rotate your upper back as far as possible



11. Lateral stability

🕒 3 x 8-16 repetitions

- **Purpose:** To improve lateral trunk stability
- Sit with your legs crossed
- Straighten your back
- Hold the elastic overhead and lower to the side



12. 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 its original position throughout the whole exercise



13. Wrist extension

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen forearm muscles
- Rest forearm on your thigh, palm down
- Flex and extend your wrist
- Control downwards movement



14. Elbow supination

🕒 3 x 8-16 repetitions

- **Purpose:** To improve forearm strength
- Hold a dumbbell in your hand
- Slowly turn your palms upward
- Slowly return to the start position



15. Wrist flexion

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen forearm muscles
- Rest forearm on your thigh, palm up
- Flex and extend your wrist
- Control downwards movement



16. Elbow pronation

🕒 3 x 8-16 repetitions

- **Purpose:** To strengthen forearm muscles
- Hold elastic with the palms up and one arm crossed over the other
- Slowly turn palms downward, tightening the elastic
- Slowly return to the start position



1. Sitting rowing

🕒 3 x 8–16 repetitions

- **Purpose:** To increase control in the shoulder complex
- Keep your upper body straight
- Straighten your back and pull your shoulder-blade back and down



2. Y-exercise

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low and arms straight
- In the end position pull shoulder-blades back and down



3. Medicine ball throws

🕒 3 x 8–16 repetitions

- **Purpose:** To improve trunk stability
- Sit with your legs crossed
- Throw and catch a medicine ball with your partner



4. Archery

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the shoulders and upper back
- Hold shoulder-blades down
- Straighten your back and pull your shoulder-blade back and down



5. Rowing

🕒 3 x 8–16 repetitions

- **Purpose:** To improve upper body strength and shoulder stability
- Pull your shoulder-blade back and down
- Keep the weight close to your body while rotating
- 3 x 8–16 repetitions



6. Upper back mobility +

🕒 3 x 10–15 repetitions

- **Purpose:** To enhance back mobility and abdominal strength
- Lie with foam roller or bosu placed under the center of your back
- Slowly extend backwards, breathe deeply, then return to the start position
- Avoid movement in the lower back during the exercise



7. Wrist extension

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen forearm muscles
- Rest forearm on your thigh, palm down
- Flex and extend your wrist
- Control downwards movement



8. Wrist flexion

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen forearm muscles
- Rest forearm on your thigh, palm up
- Flex and extend your wrist
- Control downwards movement



9. Elbow supination

🕒 3 x 8–16 repetitions

- **Purpose:** To improve forearm strength
- Hold a dumbbell in your hand
- Slowly turn your palms upward
- Slowly return to the start position



10. Elbow supination

🕒 3 x 8-16 repetitions

- **Purpose:** To improve forearm strength
- Hold elastic tight with the palms down
- Slowly turn your palms upward, further tightening the elastic
- Slowly return to the start position



1. Archery

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the shoulders and upper back
- Hold shoulder-blades down
- Straighten your back and pull your shoulder-blade back and down



2. Sit ups

🕒 3 x 8–16 repetitions

- **Purpose:** To enhance core stability
- Perform the exercise with a partner and a medicine ball
- Partner throws you the medicine ball, catch and fall slowly backwards on the BOUS-ball
- Throw the ball back to the partner when lifting up from the BOSU-ball



3. Push-up +

🕒 3 x 8–16 repetitions

- **Purpose:** To improve upper body strength and shoulder stability
- Place knees on bosu
- Perform push ups
- At the top, keep elbows straight and push upper back as high as possible



4. Core stability

🕒 3 x 8–16 repetitions

- **Purpose:** To enhance core stability
- Hold the elastic band with straight arms
- Pull the elastic band in turns
- 3 x 8–16 repetitions



5. 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 its original position throughout the whole exercise



6. Rowing

🕒 3 x 8–16 repetitions

- **Purpose:** To improve upper body strength and shoulder stability
- Pull your shoulder-blade back and down
- Keep the weight close to your body while rotating
- 3 x 8–16 repetitions



7. Sitting rowing

🕒 3 x 8–16 repetitions

- **Purpose:** To increase control in the shoulder complex
- Keep your upper body straight
- Straighten your back and pull your shoulder-blade back and down



8. Wrist flexion

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen forearm muscles
- Rest forearm on your thigh, palm up
- Flex and extend your wrist
- Control downwards movement



9. Wrist extension

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen forearm muscles
- Rest forearm on your thigh, palm down
- Flex and extend your wrist
- Control downwards movement



10. Elbow pronation

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen forearm muscles
- Hold elastic with the palms up and one arm crossed over the other
- Slowly turn palms downward, tightening the elastic
- Slowly return to the start position



11. Elbow supination

🕒 3 x 8–16 repetitions

- **Purpose:** To improve forearm strength
- Hold a dumbbell in your hand
- Slowly turn your palms upward
- Slowly return to the start position



12. Elbow supination

🕒 3 x 8–16 repetitions

- **Purpose:** To improve forearm strength
- Hold elastic tight with the palms down
- Slowly turn your palms upward, further tightening the elastic
- Slowly return to the start position

