

1. Hip flexor stretches

🕒 8 repetitions per side, hold each position for 4 sec

- Purpose: To improve hip flexibility
- Stretch the front of one hip in a kneeling lunge position
- Lean your trunk backwards and to the side
- Progressions: Lift your rear knee and perform dynamic lunges
- 8 repetitions per side, hold each position for 4 sec



2. Ankle and toe strength in splits

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the ankle and foot
- Sit in the splits
- Keep your hips parallel
- Flex your ankle against an elastic
- Flex your foot and toes
- 3 x 8–16 repetitions



3. Single-leg bridge

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the gluteal and hamstrings muscles
- Lie on your back with one knee drawn into your chest
- Push through your opposite heel to lift your hips until your body is straight
- Maintain a neutral low back throughout the movement
- 3 x 8–16 repetitions



4. Pelvic mobility

🕒 4 x 30–60 seconds

- Purpose: To improve awareness and control of your pelvic position
- Kneel on all fours
- Slowly roll your pelvis backwards and forwards
- Keep your upper back relaxed and still throughout the exercise
- 4 x 30–60 seconds



5. Shoulder overhead stretch

🕒 20 repetitions followed by a 20 seconds hold

- Purpose: To increase shoulder flexibility
- Kneel in front of a chair and place your elbow on the chair
- Bend your elbow fully, placing your palm on your shoulder blade
- Bend forward from the hips with a neutral spine
- Stretch your shoulder overhead by gently thrusting your chest towards the floor
- Repeat in small rhythmic movements, then hold a static stretch
- 20 repetitions followed by a 20 seconds hold



1. Single-leg balance +

🕒 3 x 60 seconds

- Purpose: To improve hip, knee and ankle control
- Stand on one leg on a balance mat, slightly bend one knee
- 1. Move your opposite leg in a large arc from front to back
- 2. Perform heel-raises on your standing foot
- 3. Perform single-leg squats
- 3 x 60 seconds



2. Fondue

🕒 Repeat the series two times on each side

- Purpose: To improve ankle strength and stability
- Repeat the series two times on each side



3. Squat jumps

🕒 3 x 8–16 repetitions

- Purpose: To improve knee and ankle stability
- Use an elastic band right beneath your knees
- Jump up as high as possible
- Land softly
- Keep your knee bent and aligned over your toes
- 3 x 8–16 repetitions



4. Hip extension with elastic

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and spinal control
- Start by kneeling on all fours with your spine in a neutral position
- Place an elastic around one foot
- Kick backwards until the hip is fully extended
- Move from the hip without moving your low back
- 3 x 8–16 repetitions



5. Supine plank

🕒 3 x 8–16 repetitions

- Purpose: To improve back strength and control
- Lie on your back with your feet on a high bench or box
- Lift your hips until your body is straight from shoulder to ankle
- Bend one hip, then let your knee fall out to the side
- Keep your hips parallel throughout the exercise
- 3 x 8–16 repetitions



6. Supine pelvic control

🕒 3 x 10–30 repetitions

- Purpose: To improve abdominal strength and low back and hip control
- Start lying with your arms overhead and your hips and knees bent to 90 degrees
- Lower one leg at a time towards the floor
- Keep your low back gently against the floor throughout the exercise
- Progression: Perform with both legs or fasten an elastic around both feet
- 3 x 10–30 repetitions



7. Squat with backwards bend

🕒 3 x 8–12 repetitions

- Purpose: To improve control of spinal extension
- Stand 50 cm from a wall with your heels parallel
- Perform a squat with while swinging your arms
- At the top, lean backwards to touch the wall with both hands
- Keep your eyes on your hands
- 3 x 8–12 repetitions



1. Relevé

🕒 3 x 8–16 repetitions

- Purpose: To improve ankle strength and stability
- Place an elastic around your ankle so that it pulls it sideways
- Keep your ankle straight as you raise and lower your heel
- Perform heel raises in different positions
- Repeat with the elastic pulling your ankle in the opposite direction
- 3 x 8–16 repetitions



2. Spring jumps

🕒 Repeat the series three times

- Purpose: To improve jumping technique and performance
- Start with your feet hip width apart
- Perform 4 jumps with a pause, and 4 spring jumps with no pause
- Perform 4 hops on each leg, with and without a small bounce in-between
- Full extend your knees when in the air
- Repeat the series three times



3. Step up + flyer

🕒 3 x 8–16 repetitions

- Purpose: To improve balance and leg strength
- Step up onto a box keeping your hips parallel and your knee aligned over your toes
- Stop at the top with your knee slightly bent
- Bend forward from the hips with a neutral spine
- Slowly return to the start position
- 3 x 8–16 repetitions



4. Bird dog on toes

🕒 3 x 40–60 seconds

- Purpose: To improve spinal control
- Kneel on all fours, then lift your knees off the mat
- Stretch out one arm and the opposite leg
- Do not move your spine throughout the exercise
- Can be simplified by lifting arm and leg independently
- 3 x 40–60 seconds



5. Upper back strength

🕒 3 x 8–16 repetitions

- Purpose: To strengthen your shoulders and upper back
- Lie on your belly with your arms stretched out overhead
- Tighten an elastic band until your hands are shoulder-width
- Lift your arms from the floor and squeeze your shoulder blades together
- Draw your elbows down until your hands are next to your shoulders
- 3 x 8–16 repetitions



6. Rolling C

🕒 3 x 3–5 in each direction

- Purpose: To strengthen the abdominal and back muscles
- Lie on your back and lift your arms and legs so your body makes a long C shape
- Roll directly onto your front and make a reverse C position
- Continue rolling in the same direction without letting your hands or feet touch the ground
- 3 x 3–5 in each direction



7. Back extension and rotation control

🕒 3 x 8–12 repetitions

- Purpose: To improve control of spinal extension and rotation
- Stand 50cm from a wall with your heels parallel and your hands behind your head
- Rotate and extend your spine to take one elbow at a time towards the wall
- Keep your hips parallel and your pelvis still throughout the movement
- Keep your eyes on your leading elbow
- 3 x 8–12 repetitions



8. Standing diagonal rotation

🕒 3 x 8–12 repetitions

- Purpose: To improve awareness and control of trunk rotation
- Stand with one foot forward, with your weight on the forward foot
- Move one hand downwards and across your body, rotating your trunk
- Change directions, moving your hand diagonally upwards and behind you
- Extend and rotate your trunk in the finish position
- Keep your eyes on your leading hand
- 3 x 8–12 repetitions

