

1. Single-leg jumps with 90 degrees rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve landing control
- Single-leg jumps with 90 degrees rotation in the air
- Keep knees aligned with toes in landings
- Progression: Unexpected push from partner in different directions
- Increase gradually to 180 degrees rotation
- Use elastic bands to increase difficulty
- 3 x 8–16 repetitions



2. 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 your back in a neutral position
- 3 x 30 seconds on each side



3. Reverse plank with ankle movement

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the back, gluteal and hamstring muscles
- Start with your elbows under your shoulders
- Lift your hips until your body is aligned from shoulder to ankle
- Move your ankles up and down
- 3 x 8–16 repetitions



4. Walking lunge with high knee lift

🕒 3 x 5–10 meter

- Purpose: To improve hip and knee control and hip flexibility
- Start by holding one knee in to your chest
- Step forward into a lunge
- Continue forwards, maintaining good hip and knee alignment
- 3 x 5–10 meter



5. Single-leg balance with elastic

🕒 3 x 8–16 repetitions per side

- Purpose: To improve hip, knee and ankle control
- Stand on one leg with an elastic around the opposite ankle
- Simulate a running movement with your free leg and arms
- Maintain perfect hip, knee and ankle alignment
- 3 x 8–16 repetitions per side



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. 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



8. Jumping lunges

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Start in a lunge position with knees bent to 90°
- Jump directly to the same position on the other side
- Land softly, keeping your knees aligned with your toes
- 3 x 8–16 repetitions



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3. Diagonal rotations

🕒 As many as possible with good control

- Purpose: To improve hip and spine control
- Perform a small single-leg squat and rotate towards the standing leg
- Rotate fully in the opposite direction as you stand up, lifting the broomstick overhead
- Take your knee out to the side
- Lean backwards in the final position
- As many as possible with good control



4. Side plank

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- 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



6. 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



7. Bulgarian split squat

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the thigh and gluteal muscles and improve hip and knee control
- Perform a single-leg squat with your back foot resting on a box
- Place most of your weight through the front foot
- Keep your back straight
- Keep your knee aligned over your toes
- 3 x 8–16 repetitions



8. Single-leg hip thrust

🕒 3 x 8–16 repetitions per each side

- Purpose: To strengthen the gluteal muscles
- Lie in a bridge with your shoulders on a bench
- Bend your knee to 90 degrees and take your weight through one heel
- Lift your pelvis upwards
- Simulate a running movement by striding with the opposite leg
- 3 x 8–16 repetitions per each side



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- Step forward into a lunge
- Continue forwards, maintaining good hip and knee alignment
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- Place most of your weight through the front foot
- Keep your back straight
- Keep your knee aligned over your toes
- 3 x 8–16 repetitions



2. 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



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- 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. Hip thrusts

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip and low back control
- Start on both knees with your hands behind your head
- Drive your hips forwards and upwards
- Lift your arms overhead in one drive
- Maintain a neutral spine position throughout the movement
- Progression: Take one foot forward to finish in a lunge position
- 3 x 8–16 repetitions



5. Sitting hamstrings stretch

🕒 3 x 6–8 repetitions

- **Purpose:** To improve flexibility of the hamstrings muscles
- Sit on a box or chair with one leg stretched out on front of you
- Straighten one leg in front of you and bend forward from the hips
- Maintain a neutral spine throughout the exercise
- Hold for approx. 5 seconds
- 3 x 6–8 repetitions



6. Step up

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip and knee control
- Perform a high step up using your arms actively
- Keep your knee aligned over your toes
- Progression: Use a higher step, or add a weighted backpack
- 3 x 8–16 repetitions



7. Running steps

🕒 3 x 8–16 repetitions

- **Purpose:** To improve power transfer and hip and knee control
- Start in a lunge position
- Lift your real leg explosively to fully flex your hip
- Finish on your toes
- 3 x 8–16 repetitions



8. Single-leg hip thrust

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- **Purpose:** To strengthen the gluteal muscles
- Lie in a bridge with your shoulders on a bench
- Bend your knee to 90 degrees and take your weight through one heel
- Lift your pelvis upwards
- Simulate a running movement by striding with the opposite leg
- 3 x 8–16 repetitions per each side



9. 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

