



## 1. Back extension

🕒 2–3 x 6–8 repetitions

- **Purpose:** To strengthen the lower back
- Lie over an exercise ball
- Place your hands behind your head and lift your upper body
- 2–3 x 6–8 repetitions



## 2. 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



## 3. Forward lunges

🕒 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



## 4. Jumping lunges

🕒 3 x 10 repetitions

- Lunge with jump
- Soft landings
- Keep knees aligned with toes
- 3 x 10 repetitions



## 5. Rotational strength

🕒 3 x 8–16 repetitions

- **Purpose:** To improve rotation strength
- Stand with your feet shoulder-width apart
- Keep your arms straight
- Your partner resists while you rotate
- Take turns with your partner to rotate
- 3 x 8–16 repetitions



## 6. Short speed skating jump

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip and knee control
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- 3 x 8–16 repetitions



## 7. Side plank

🕒 3 x 30 seconds

- **Purpose:** To enhance pelvic and groin strength
- Rest on your elbow
- Lift up pelvic and the upper leg
- Hold pelvic stable
- 3 x 30 seconds



## 8. 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



## 9. 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. Wiper

🕒 3 x 8–16 repetitions

- **Purpose:** Increase trunk strength
- Hold on to partners legs
- Move legs slowly from side to side
- Keep the movement even and controlled
- 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
- As many repetitions as possible with good 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. Forward lunges

🕒 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



## 4. Rotational strength

🕒 3 x 8–16 repetitions

- **Purpose:** To improve rotation strength
- Stand with your feet shoulder-width apart
- Keep your arms straight
- Your partner resists while you rotate
- Take turns with your partner to rotate
- 3 x 8–16 repetitions



## 5. Copenhagen adductor short

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen the hip 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



## 6. Single-leg body tilt

🕒 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
- 3 x 8–16 repetitions



## 7. Long speed skating jump

🕒 3 x 8–16 repetitions

- **Purpose:** To improve hip and knee control
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- Gradually increase the jump distance
- 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. 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
- As many repetitions as possible with good 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. Squat challenge +

🕒 3 x 8–16 repetitions

- **Purpose:** To improve reaction time and hip and knee control
- Start standing upright on a bosu with feet hip-width apart
- Place your palms on top of partners hands
- Your partner unexpectedly drops the balls
- Squat and try to catch the two balls
- 3 x 8–16 repetitions



## 4. Single-leg squat +

🕒 As many as possible with good control

- **Purpose:** To strengthen quadricep and gluteal muscles and improve lower limb control
- Single-leg squat on a BOSU
- Keep your knee aligned over your toes
- Avoid rotation and tilt of the hips
- As many as possible with good control



## 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. 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. Nordic Hamstrings

🕒 3 x 8–12 repetitions

- 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

