

1. Hip and back warm up

🕒 5–10 minutes

- Purpose: Warm up and improve flexibility in the hips and low back
- Lie on your back and flex and extend your hip
- Roll your knees from side to side
- Take one foot towards the opposite hand - lying face-up and face-down
- Rotate upper body in a side plank position
- 5–10 minutes



2. Rotations

🕒 3 x 8–16 repetitions

- Purpose: To improve rotational mobility
- Kneel and rotate your upper body in each direction
- Try to touch your opposite foot
- 3 x 8–16 repetitions



3. Kneeling lunge

🕒 2–3 x 6–8 repetitions

- Purpose: To improve hip mobility
- 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
- Perform the same movement to the side and diagonally backwards, keeping your hips parallel
- 2–3 x 6–8 repetitions



4. Squat with rotation

🕒 3 x 8–16 repetitions

- Purpose: To improve knee control and upper back flexibility
- Perform a deep squat and take one hand to opposite ankle at the bottom
- Fully rotate upper body as you straighten up
- Keep knees aligned over toes
- 3 x 8–16 repetitions



5. Thumbs up

🕒 3 x 8–16 repetitions

- Purpose: To improve back and shoulder strength
- Lift up extended arms and legs simultaneously
- Squeeze shoulder-blades together
- Thumbs up
- 3 x 8–16 repetitions



6. 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



7. Squat and catch

🕒 3 x 8–16 repetitions

- Purpose: To improve reaction time and hip and knee control
- Start standing upright 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



8. 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



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- Take one foot towards the opposite hand - lying face-up and face-down
- Rotate upper body in a side plank position
- 5–10 minutes



2. Rotations

🕒 3 x 8–16 repetitions

- Purpose: To improve rotational mobility
- Kneel and rotate your upper body in each direction
- Try to touch your opposite foot
- 3 x 8–16 repetitions



3. Squat with rotation +

🕒 3 x 8–16 repetitions

- Purpose: To improve knee control and upper back flexibility
- Perform a deep squat on a bosu, take one hand to opposite ankle at the bottom
- Fully rotate upper body as you straighten up
- Keep knees aligned over toes
- 3 x 8–16 repetitions



4. Single-leg squat

🕒 As many as possible with good control

- Purpose: To strengthen quadriceps 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



5. Thumbs up

🕒 3 x 8–16 repetitions

- Purpose: To improve back and shoulder strength
- Lift up extended arms and legs simultaneously
- Squeeze shoulder-blades together
- Thumbs up
- 3 x 8–16 repetitions



6. 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



7. 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



8. 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



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- Rotate upper body in a side plank position
- 5–10 minutes



2. Rotations

⌚ 3 x 8–16 repetitions

- Purpose: To improve rotational mobility
- Kneel and rotate your upper body in each direction
- Try to touch your opposite foot
- 3 x 8–16 repetitions



3. Single-leg squat +

⌚ As many as possible with good control

- Purpose: To strengthen quadriceps 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



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. Flyer with rotation

⌚ 3 x 6–8 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
- Rotate upper body to both sides
- 3 x 6–8 repetitions



6. Nordic Hamstrings

⌚ 3 x 8–12 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 8–12 repetitions



7. Rotations on ball

⌚ 3 x 8–16 repetitions

- Purpose: To strengthen the trunk
- Start in a push-up position with your feet on a ball
- Lift one foot off ball and rotate your body in each direction
- 3 x 8–16 repetitions



8. Trunk strength +

⌚ 3 x 8–16 repetitions

- Purpose: To improve trunk and shoulder strength and control
- Kneel with one hand on an exercise ball
- Fall forward from the knees, rolling the ball with a straight arm
- Hold pelvis and low back in the same position throughout exercise
- 3 x 8–16 repetitions

