1. Y-Upwards

3 x 8-16 repetitions

- Purpose: Improve strength in the back of the shoulders and upper back
- Pull the elastic band towards the ceiling in a Y-position
- Press the shoulder blades together and down into the final position
- Make sure not to lift your shoulders towards your ears



2. Push-up +

2-3 x 8-12 repetitions

- Purpose: Improve upper body strength and shoulder blade control
- Do a push-up
- Raise your upper body towards the ceiling at the end of each repetition



3. Downwards lying Y

3 x 8-16 repetitions

- Purpose: Improves strength around the shoulder blade
- Lie on your stomach with your thumbs up towards the ceiling
- Raise your arms off the floor in a Y-position
- Keep your head and upper body on the floor



4. Shoulder circles

As many as you can with good control

- Purpose: Improve stability in the shoulders and core/back
- Stand on all fours
- Hold a large ball against the wall with one hand
- Make circles with the ball, both ways
- Keep your hips still throughout the exercise
- The arm should be held in a straight line as an extension of the body



5. Upper back mobility

3 x 8-16 repetitions

- Purpose: Improve mobility in the upper back
- Sit down and have a BOSU-ball behind your back
- Keep your hands behind your head
- Bend backwards over the BOSU-ball and push your chest up
- Move back to starting position and repeat



6. Wallslides

2-3 x 8-16 repetitions

- Purpose: Improves mobility in the shoulders and strengthens the muscles around the shoulder blade
- Stand next to a wall, bend your elbow and place your forearm against the wall
- Move your arms up over your head
- Pull your shoulders down and together while lowering your arms
- Avoid swaying in the lower back



7. Pelvic control supine

3 x 30 seconds

- Purpose: Better control of the movement in the pelvis
- Lie on your back with your knees bent
- Move your pelvis slowly forwards and backwards



8. Leg-lowering, one leg

3 x 10-30 repetitions

- Purpose: Improve stability in the core and back
- Start with laying on the back with knees and hips bent
- Keep your arms stretched above your head
- Lower every other leg down to the floor
- Keep your lower back on the ground
- Increase the difficulty with an elastic band around the legs or lower both legs at the same time



9. Side lunges

3 x 8-16 repetitions to each side

- Purpose: Improve leg strength and stability
- Do side lunges to each side
- Keep knees over toes



10. Hip rotation stretches

2-3 x 20-30 seconds

- Purpose: Increase mobility in the internal rotation of the hip
- Lie on your stomach and hold on to one foot
- Press your foot down towards the floor
- Make the movement slowly up and down
- This exercise is particularly good for butterfly swimmers



11. Hip flexor stretches

3 x 10-15 repetitions

- Purpose: Increase mobility in the hip flexor
- Stand with one leg bent in front of you, push your hip forward
- Return to starting position and repeat
- Avoid swaying in the back



12. Hip mobility

2-3 x 10-15 repetitions

- Purpose: Improve mobility in the hip joints
- Sit on the floor with the knees bent
- Support yourself with your hands
- Move your hips and knees from side to side



1. Y- downwards

3 x 8-12 repetitions

- Purpose: Improve the strength of the back of the shoulders and and upper back
- Partner holds the elastic band and stands on their feet
- Slowly lower yourself backwards, keeping your arms in a Y-position
- Keep your back straight throughout the exercise
- The neck should be "straight", in extension of the back
- Slowly raise yourself back to the starting position



2. Handstand

3 x 3–5 repetitions

- Purpose: Improve strength and stability in shoulders, abdomen and back
- Get into a handstand while your partner secures you
- Once you've mastered the exercise, you can do it without a partner
- Hold the final position for about 1 second



3. Downwards lying Y, with dumbell

3 x 8-16 repetitions

- Purpose: Improve strength around the shoulder blades
- Lie on your stomach with your thumbs up towards the ceiling
- Raise your arms off the floor in a Y-position
- Leave your head and upper body on the floor



4. Shoulder blade pull-ups

3 x 4-6 repetitions

- Purpose: Strengthen the muscles around the shoulder blades
- Hang from a bar or a gym-wall
- Pull your shoulders down to activate the muscles
- Drop down to the starting position



5. Shoulder circles with diagonal lift

2-3 x times max, with good quality

- Purpose: Improve stability in the shoulders and core/back
- Stand on all fours, lift up the opposite arm and leg
- Press a large ball against the wall with your raised arm
- Make circles with the ball, both ways
- Your hips should remain still throughout the exercise
- The arm should go in a straight line as an extension of the body



6. Squat with partner in plank

3 x 8-12 repetitions

- Purpose: Improve strength in legs, core and back
- Your partner stands in a high plank position
- Place your partner's legs on top of your shoulders
- Do a squat
- Keep your knees over your toes
- Avoid swaying your back in the plank position



7. Pelvic control standing

3 x 30 seconds

- Purpose: Improve control of movement in the pelvis
- Stand with your feet hip-width apart
- Move your pelvis slowly forwards and backwards



8. Leg lowering, two legs

3 x 8-16 repetitions

- Purpose: Improve stability in the core and back
- Start lying down with your arms above your head and your knees and hips bent
- Lower both legs to the floor
- Keep your lower back on the ground at all times
- Stop the movement earlier if your lower back is not on the floor



9. Kneesitting to standing

3 x 8-16 repetitions

- Purpose: Improve stability in the core, back and hips
- Sit on your knees, with your hands behind your head
- Move your hips forward and up
- Raise your arms above your head at the same time
- Keep your back in a neutral position
- Take a step forward to make it more difficult



10. Armreach - diagonals

As many as you can with good control

- Purpose: Improve stability in the core, back and hips
- Balance on one leg while holding the stick in your hands
- Bend one leg slightly and rotate towards the standing leg
- Rotate as much as you can in the opposite direction while lifting the stick above your head
- Lean backwards in the final position



11. Squat with backwards roll

3 x 8-16 repetitions

- Purpose: Improve strength in the abdomen and thighs, and improve stability in the legs
- Start with standing on two legs and sit down as in a backward roll
- Roll backwards until your shoulders and legs are pointing up towards the ceiling
- Roll backwards to starting position



12. Sidelunges with dumbell

3 x 8-16 repetitions

- Purpose: Improve leg strength and stability
- Do sidelunges to each side
- Keep knee over toe
- Hold weights in your hands



13. Copenhagen adductor, short

2-3 x 6-8 repetitions

- Purpose: Improve groin strength
- Partner holds around the knee
- Raise your body off the ground while lifting your lower leg
- Keep your body in a straight line
- Slow tempo



14. Hip rotation stretches

2-3 x 20-30 seconds

- Purpose: Increase mobility in the internal rotation of the hip
- Lie on your stomach and hold on to one foot
- Press your foot down towards the floor
- Make the movement slowly up and down
- This exercise is particularly good for butterfly swimmers



1. Flyes in a sling

2-3 x 5-8 repetitions

- Purpose: Improve strength around shoulder blade and back of shoulder
- Start standing, hold in a sling
- Lean back, keep your body straight
- Pull your shoulders down to activate the muscles
- Push your arms out to the side as you lift yourself up to the starting position



2. Reach variants

As many as you can do with good control

- Purpose: Improve stability in hips, knees and ankles
- Balance on one leg while holding the stick in your hands
- Rotate your body in the opposite direction to the standing leg, holding the knee and ankle position
- Bend forward at the hips and do a light knee bend
- Rotate your body in the opposite direction and repeat
- Keep your back in a neutral position throughout the movement



3. Copenhagen adductor, long

2-3 x 6-8 repetitions

- Purpose: Improve strength groin strength
- Partner holds around the ankle
- The body is lifted off the ground at the same time as the lower leg is lifted
- Slow tempo



4. Single leg deadlift with partner in plank position

2-3 x 6-8 repetitions

- Purpose: Improve strength in the back of the legs, core and back
- Stand on one leg and hold around your partner's ankles
- Bend forward at the hips while keeping your back straight
- Keep the opposite leg straight behind you
- Avoid arching your back in the plank position



5. Line stability

As many as you can do with good control

- Purpose: Check line stability and improve strength in shoulders
- Lie on your stomach with your upper body on a BOSU-ball
- Pull the elastic behind your head and press your shoulder blades together
- Slowly guide the elastic back to the starting position
- Keep your body in a straight line



6. Line stability, challenging

As many as you can do with good control

- Purpose: Control line stability and improve strength in shoulders
- Lie on your stomach with your upper body on a BOSU-ball
- Put your legs on a medicine ball to make the exercise more difficult
- Pull the elastic behind your head and press your shoulder blades together
- Slowly guide the elastic back to the starting position
- Keep your body in a straight line



7. Lateral stability, arm movement

As many as you can with good control

- Purpose: To control line stability
- Stand in a side plank with your elbow on a BOSU-ball
- Bring your arm backwards while pushing your chest forward
- Bring your arm forward with a slight curve in your chest
- Keep your body in a straight line



8. Lateral stability, leg movement

As many as you can do with good control

- Purpose: To control line stability
- Stand in a side plank with your elbow on a BOSU-ball
- Hold your other arm above your head in the air
- Move your top leg alternately in front of you and behind you
- Keep your body in a straight line



9. Lateral stability, combination

As many as you can do with head control

- Purpose: To control line stability
- Stand in a side plank with your elbow on a BOSU-ball
- Bring your top arm forward and your top leg forward at the same time
- Then bring the top arm back and the top leg forward
- Keep your body in a straight line



10. Plank combination with pike

As many as you can do with good control

- Purpose: Improve strength in the core, back and shoulders
- Stand in a high plank with your legs on a large ball
- Roll backwards on the ball so that your head and shoulders are lowered to the floor
- Then pull yourself up and forward by bending your elbows and shoulders
- Pull yourself back up to a high plank
- Finish the exercise by going all the way up into a pike
- Keep your body in a straight line



11. Supine line stability

As many as you can do with good control

- Purpose: Control line stability
- Lean your back against a large ball
- Hold both arms above your head
- Partner pushes both arms down
- Keep your body in a straight line
- Avoid sway in the lower back

