

1. Pelvic mobility - lying

🕒 3 x 30 seconds

- Purpose: To improve pelvic control
- Lie on your back with your knees bent
- Roll the pelvis slowly backwards and forwards
- 3 x 30 seconds



2. Y exercise

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low
- Keep your arms straight
- In the end position pull shoulder-blades back and down
- 3 x 8-16 repetitions



3. Release and catch

🕒 3 x 8-16 repetitions

- Purpose: To increase power and control in the rotator cuff
- Place elbow and arm in 90 degrees
- Release the grip on the ball
- Catch the ball immediately
- Use a small weight ball
- 3 x 8-16 repetitions



4. 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



1. Pelvic mobility - standing

🕒 3 x 30 seconds

- Purpose: To improve pelvic control
- Feet hip-width apart
- Roll the pelvis slowly backwards and forwards
- 3 x 30 seconds



2. Y exercise

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low
- Keep your arms straight
- In the end position pull shoulder-blades back and down
- 3 x 8–16 repetitions



3. Release and catch

🕒 3 x 8–16 repetitions

- Purpose: To increase power and control in the rotator cuff
- Place elbow and arm in 90 degrees
- Release the grip on the ball
- Catch the ball immediately
- Use a small weight ball
- 3 x 8–16 repetitions



4. Full bridge

🕒 2–3 x 6–8 repetitions

- Purpose: To improve strength and flexibility in the trunk and shoulders
- Push through your hands and feet to lift up
- Extend your hips
- Hold the final position for 1 sec
- 2–3 x 6–8 repetitions



5. 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



1. Release and catch

🕒 3 x 8–16 repetitions

- Purpose: To increase power and control in the rotator cuff
- Place elbow and arm in 90 degrees
- Release the grip on the ball
- Catch the ball immediately
- Use a small weight ball
- 3 x 8–16 repetitions



2. Bridge push-ups

🕒 3 x 8–16 repetitions

- Purpose: To improve strength and flexibility in the trunk and shoulders
- Push through your hands and feet to lift up
- Perform push ups in final position
- 3 x 8–16 repetitions



3. Handstand

🕒 3 x 3–5 repetitions

- Purpose: To improve shoulder strength and stability
- Perform a handstand with help from a partner
- When you master the exercise you can do it without a partner
- Hold the final position for approximately 1 sec
- 3 x 3–5 repetitions



4. The swimmer

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders back and neck
- Lie over a bosu with your feet on a box
- Hold your body in a straight line
- Move the elastic band behind your body, squeezing your shoulder-blades together
- Keep your neck in line with your body, pull your chin slightly inward
- Slowly return to start position
- 3 x 8–16 repetitions



5. 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

