

1. Pelvic control

🕒 3 x 10-15 repetitions

- Supine position with legs in cross
- Tilt the pelvis backwards and forwards
- 3 x 10-15 repetitions



2. Squat

🕒 3 x 10-15 repetitions

- Feet hip-width apart
- Elastic band around knees
- Sit down as if on a chair
- Knees aligned with toes
- 3 x 10-15 repetitions



3. Forward lunges

🕒 3 x 10 repetitions

- Lunge forward
- Knees aligned with toes
- Maintain upper body in upright position
- 3 x 10 repetitions



4. Backwards lunges

🕒 3 x 10 repetitions

- Lunge backwards
- Maintain upper body in upright position
- Knees aligned with toes
- 3 x 10 repetitions



5. Sideways lunges

🕒 3 x 10 repetitions

- Lunge sideways
- Knees aligned with toes
- Maintain upper body in upright position
- 3 x 10 repetitions



6. Thumbs up

🕒 3 x 10-15 repetitions

- Prone position
- Lift chest and arms, extend legs from floor
- Bring the arms to the sides and squeeze the shoulderblades together
- Bring the arms along the sides of the body and squeeze the shoulder blades together
- Thumbs up!
- 3 x 10-15 repetitions



1. Push-up +

🕒 3 x 15 repetitions

- Push-up start position
- Keep elbows straight
- Round the back and spread your shoulderblades apart
- Back to start position
- 3 x 15 repetitions



2. Core stability partner

🕒 3 x 10 repetitions

- Use elastic band
- Alternate upper body rotations
- Keep body position stable
- 3 x 10 repetitions



3. Side plank

🕒 3 x 20 sec

- Support on elbow
- Alignment from head to toes
- Maintain pelvis in stable position
- 3 x 20 sec



4. Jumping lunges

🕒 3 x 10-20 repetitions

- Alternating jumps
- Soft landing in deep lunge
- Knees in alignment with toes in landings
- 3 x 10-20 repetitions



5. Single-leg deadlift

🕒 3 x 10 repetitions

- Find balance on one leg
- Lift other leg and move upper body forwards
- Keep back extended
- 3 x 10 repetitions



1. Push-up +

🕒 3 x 15 repetitions

- Push-up start position
- Keep elbows straight
- Round the back and spread your shoulderblades apart
- Back to start position
- 3 x 15 repetitions



2. Core stability partner

🕒 3 x 10 repetitions

- Use elastic band
- Alternate upper body rotations
- Keep body position stable
- 3 x 10 repetitions



3. Side plank +

🕒 3 x 20 sec

- Support on elbow
- Alignment from head to toes
- Maintain pelvis in stable position
- Raise and lower upper leg
- 3 x 20 sec



4. Jump turns

🕒 3 x 10 repetitions

- Elastic band as resistance
- Jump in different directions
- Knee aligned with toes
- 3 x 10 repetitions



5. Flyer

🕒 2 x 5-7 repetitions

- Find balance on one leg
- Maintain knee slightly bent
- Move upper body forwards
- Keep back extended
- Rotate upper body to both sides
- 2 x 5-7 repetitions

