

1. Hip flexor stretches

🕒 8 repetitions each side, hold every stretch for 4 seconds

- Purpose: To warm up and improve hip flexibility
- 1) Stretch hip flexors in a kneeling lunge
- Hold the position while you reach your arm up and stretch to the side
- 2) Get in a plank position, take a large step forward with one leg, then switch legs
- 8 repetitions each side, hold every stretch for 4 seconds



2. Supine leg lowering

🕒 3 x 10-30 repetitions

- Purpose: To strengthen and improve stability in the abdominal muscles
- Lay on your back with arms overhead, hips and knees bent
- Slowly lower one leg at a time towards the floor
- Maintain a neutral spine throughout the movement
- Progression: lower both legs at a time, or with an elastic between your legs
- 3 x 10-30 repetitions



3. Single-leg balance with partner

🕒 3 x 30 seconds

- Find your balance on one leg
- Keep your shoulder, hip, knee and foot aligned
- Let your partner gently push your shoulder and hip to challenge your balance
- Progression: Stand on a soft mat or bosu and catch and throw a ball while standing on one leg
- 3 x 30 seconds



4. V-up level 1

🕒 3 x 10-30 repetitions

- Purpose: Strengthen the abdominal muscles
- Lay on your back, legs extended to the ceiling
- Reach up with your arms towards the feet and lift the upper part of your back to touch the toes
- 3 x 10-30 repetitions



5. Push ups +

🕒 3 x 8-16 repetitions

- To strengthen the shoulder muscles and improve shoulder control
- Arms shoulderwidth apart
- Do a push up
- Keep your elbows straight at the top of the movement
- Push your upper back towards the ceiling
- 3 x 8-16 repetitions



6. Thumbs up

🕒 3 x 8-16 repetitions

- To strengthen the core, upper back and shoulders
- Raise your arms and legs slightly from the floor, reach and stretch your body
- Bring your arms to the side and back, while pressing your shoulderblades together
- Bring your arms to the side and back, while pressing your shoulderblades together
- 3 x 8-16 repetitions



7. Sideways lunge

🕒 3 x 8-16 repetitions

- To improve hip and knee stability, and hip mobility
- Do big lunges sideways
- Keep your knees aligned with your toes
- 3 x 8-16 repetitions



8. Squats

🕒 3 x 8-16 repetitions

- Purpose: To improve leg stability
- Legs hip-width apart
- Loop an elastic around your knees
- Squat down like sitting on a chair
- Keep your knees aligned with your toes
- Can also be done without the elastic
- 3 x 8-16 repetitions



9. Nordic Hamstring with elastic band

🕒 3 x 8-16 repetisjoner

- Purpose: To strengthen the hamstring muscles
- Kneel on a soft mat or balance pad
- Loop an elastic band around your waist
- Keep upper body and hips straight as you fall forwards
- Use your arms to push yourself back to starting position
- 3 x 8-16 repetitions



10. Lunge forward

🕒 3 x 8-16 repetitions

- Purpose: To improve leg stability
- Lunge forward
- Keep your knees aligned with your toes
- Keep your body upright throughout the exercise
- 3 x 8-16 repetitions



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- 8 repetitions each side, hold every stretch for 4 seconds



2. Core series

🕒 8-12 repetitions per series

- Purpose: To improve core strength
- Lay on your back with arms stretched overhead
- Keep your lowerback in the floor during the entire exercise
- 1. Lift your legs, hold and lower
- 2. Lift your upper body, hold, and lower
- 3. Lift both your legs and upper body, hold and lower
- 8-12 repetitions per series



3. Plank with partner

🕒 As many repetitions you can do with good control

- Purpose: To improve strength in shoulder and core muscles
- Start in handstand position - let your partner grab your ankles
- Walk slowly forward using your hands until you reach a plank position
- Then walk back to a handstand
- Can be done up to a wall instead of a partner
- As many repetitions you can do with good control



4. V-ups level 2

🕒 3 x 10-30 repetitions

- Purpose: Strengthen the abdominal muscles
- Lay on your back in a hollow body position
- Lift your feet and arms towards each other, like a jack knife, and back to starting position
- Keep your legs straight
- 3 x 10-30 repetitions



5. Plank series

🕒 3 repetitions

- Purpose: To improve shoulder strength and stability
- Start in the plank position
- Hold your body in a straight line from shoulder to ankle, avoid a sway back
- Push your shoulderblades apart 10 times
- Turn over to sideplank, hold for 10 seconds
- Hold your body in a straight line from shoulder to ankle, avoid a sway back
- Turn over with your chest towards the ceiling. Lower and raise the body 10 times
- Turn over to other sideplank, hold for 10 seconds
- 3 repetitions



6. Walking lunges with knee lift

🕒 Across the mat

- To improve hip and knee stability and hip mobility
- Start by grabbing your knee and lifting it against your chest
- Lunge forward
- Across the mat



7. Squat jumps

🕒 3 x 8-16 repetitions

- Purpose: To improve leg stability
- Loop an elastic under your knees and press the knees outwards
- Jump as high as you can
- Land softly with knees aligned with your toes
- 3 x 8-16 repetitions



8. Single-leg glutebridge

🕒 3 x 8-16 repetitions

- To improve the muscles in the back and hip stability
- Lay on your back, arms overhead and one knee bent
- Push through your heel to lift your hips up to the ceiling
- Stop when your body is aligned from knee to shoulder
- Keep your hips parallel and avoid a sway back
- 3 x 8-16 repetitions



9. Single-leg balance with high-fives

🕒 3 x 8-16 repetitions

- Purpose: To improve ankle and knee stability
- Find your balance on one leg
- Give your partner high-fives and low-fives while standing on one leg
- Keep knees aligned with toes
- 3 x 8-16 repetitions



10. Nordic Hamstring

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the hamstrings muscles
- Kneel on a soft matt
- 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 starting position
- 3 x 8-16 repetitions



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- 8 repetitions each side, hold every stretch for 4 seconds



2. Pelvic control in kneeling

🕒 3 x 40-60 seconds

- Purpose: To improve core stability
- Start on all fours, lift your knees slightly from the floor
- Lift arm and opposite leg
- Keep your back and hips in a neutral position during the movement
- Simplify the exercise by lifting only the arm, and then only the leg one at a time
- 3 x 40-60 seconds



3. Candlestick

🕒 3 x 8-16 repetitions

- From a standing position, sit down like a backwards roll
- Roll backwards to your shoulders, extend your legs to the ceiling and find your hollow body position
- Roll back on your feet and stand up
- Progression: make a jump when coming back up again, or stand on one leg
- 3 x 8-16 repetitions



4. Plank with partner +

🕒 As many repetitions you can do with good control

- Perform: To improve strength in shoulder and core
- From a handstand position, let your partner grab your ankles
- Walk slowly forward using your hands until you reach a plank position
- Then walk back to a handstand
- Can be done up to a wall instead of a partner
- As many repetitions you can do with good control



5. Handstand series

🕒 3 x 5-10 repetitions

- Purpose: To strengthen shoulders and upper body
- In a handstand position, let your partner grab your ankles
- Keep your elbows straight and shrug your shoulders up and down
- Lift one arm at a time up towards the side of your body
- Do push-ups
- Can be done up to a wall instead of a partner
- 3 x 5-10 repetitions



6. Plank series

🕒 3 repetitions

- Purpose: To improve shoulder strength and stability
- Start in the plank position
- Hold your body in a straight line from shoulder to ankle, avoid a sway back
- Push your shoulderblades apart 10 times
- Turn over to sideplank, hold for 10 seconds
- Hold your body in a straight line from shoulder to ankle, avoid a sway back
- Turn over with your chest towards the ceiling. Lower and raise the body 10 times
- Turn over to other sideplank, hold for 10 seconds
- 3 repetitions



7. Lunge with rotation

🕒 3 x 8-16 repetitions

- Purpose: To improve spine mobility and knee and hip control
- Lunge forward, knees and toes aligned
- Rotate your upper body to one side at a time, arms reaching out
- Progression: hold a medicinball/weight in front of you
- 3 x 8-16 repetitions



8. Nordic Hamstring

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the hamstrings muscles
- Kneel on a soft matt
- 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 starting position
- 3 x 8-16 repetitions



9. Lunge jumps

🕒 3 x 8-16 repetitions

- Purpose: To improve knee and hip control
- Jump into a forward lunge
- Land softly, keeping your knees aligned with your toes
- Jump directly to the same position on the other side
- 3 x 8-16 repetitions



10. Single-leg balance +

🕒 3 x 60 seconds

- Stand on one leg on a soft mat or uneven surface
- Have slight bent knee, keeping your toes, knees and hips aligned
- 1. Move the free leg in a half circle
- 2. Do calf raises by starting the movement in the toes
- 3 x 60 seconds

