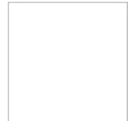


1. Half Cossack squat

🕒 2 x 10-12 repetitions

- Purpose: To improve hip mobility and hip and leg strength
- Stand in a wide stance, toes rotated outward
- Move your weight over one leg, alternate sides
- Keep knee aligned over toes
- 2 x 10-12 repetitions



2. Single-arm back bend

🕒 2 x 5-8 repetitions

- Purpose: To improve mobility in the spine and the shoulders
- Sit with one hand supporting behind you, fingers facing away
- Lift hips into a back bend, look toward your free hand as you reach overhead
- 2 x 5-8 repetitions



3. Wide-legged camel

🕒 2 x 10-12 repetitions

- Purpose: To improve mobility in spine and shoulders
- Kneel on a mat or pillow
- Place hands on your heels, fingers facing back
- Lift and extend your hips and chest upward
- 2 x 10-12 repetitions



4. Raised push-up with rotation

🕒 2 x 8-10 repetitions

- Purpose: To strengthen the upper body and improve spine mobility
- Perform a push-up against a bench or box
- At the top rotate the upperbody through the spine
- Look toward the outstretched hand
- 2 x 8-10 repetitions



5. Standing star

🕒 2 x 8-10 repetitions on each side

- Purpose: To improve shoulder stability, thoracic mobility and hamstring mobility
- Reach up with one arm
- Touch the ground with the opposite hand, rotating through the spine
- Keep gaze on the outstretched hand
- 2 x 8-10 repetitions on each side



6. Swimmer Hover

🕒 2 x 10-12 repetitions

- Purpose: To strengthen the back and the shoulders
- Lie on your stomach, with head and chest lifted and arms straight out in front
- Sweep arms down to your sides, hands behind your back. Reverse the movement
- 2 x 10-12 repetitions



7. Single-leg glute bridge

🕒 2 x 8-10 repetitions on each side

- Purpose: To strengthen the gluteal and hamstring muscles
- Lie on your back with one heel on a box
- Keep the other leg in the air
- Lift your pelvis upwards, squeezing through the buttocks
- 2 x 8-10 repetitions on each side



8. Active hang

🕒 3 x 15 seconds

- Purpose: To strengthen grip, back and shoulders
- Hang on a bar
- Engage and pull the shoulder blades down and away from the ears
- 3 x 15 seconds



9. 45° Lock-off with elastic band

🕒 3 x 15-20 seconds

- Purpose: To strengthen the grip, back and shoulders
- Hang on a bar, loop an elastic under the legs to decrease the load
- Engage shoulders down, away from the ears. use a thinner elastic to increase the difficulty
- 3 x 15-20 seconds



10. Pinch Grip

🕒 3 x 20-30 seconds

- Purpose: To strengthen the pinch grip
- Hold a pinch block with a light weight attached
- Increase the difficulty by using a wider pinch or a heavier weight
- 3 x 20-30 seconds



11. Hanging knee tucks

🕒 2 x 6-8 repetitions

- Purpose: To strengthen the core, shoulders, and grip
- Hang on a bar. Engage shoulders down, away from the ears
- Lift knees up towards the chest
- 2 x 6-8 repetitions



1. Cossack squat

🕒 3 x 8-12 repetitions

- Purpose: To improve hip mobility and hip and leg strength
- Stand in a wide stance, toes rotated outward
- Move your weight over one leg, alternate sides
- Keep knee aligned over toes
- 3 x 8-12 repetitions



2. Push-up with rotation

🕒 2 x 8-10 repetitions

- Purpose: To strengthen the upper body and improve spine mobility
- Perform a push-up
- At the top, rotate the upperbody through the spine
- Look toward the outstretched hand
- 2 x 8-10 repetitions



3. Camel, narrow stance

🕒 3 x 10-12 repetitions

- Purpose: To improve mobility in spine and shoulders
- Kneel on a mat or pillow
- Place hands on heels, fingers facing back
- Lift and extend your hips and chest upward
- 3 x 10-12 repetitions



4. Angels with elastic band

🕒 3 x 8-12 repetitions

- Purpose: To strengthen the shoulders
- Pull elastic overhead, leading with the thumbs
- Slowly return to the start position
- 3 x 8-12 repetitions



5. Standing star

🕒 2 x 8-10 repetitions on each side

- Purpose: To improve shoulder stability, thoracic and hamstring mobility
- Hold a weight overhead with one arm
- Touch the ground with the opposite hand, rotating through the spine
- Keep gaze on the outstretched hand
- 2 x 8-10 repetitions on each side



6. Single-leg glute bridge

🕒 3 x 8-10 repetitions on each side

- Purpose: To strengthen the gluteal and hamstring muscles
- Lie on your back with one heel on a box
- Keep the opposite leg in the air
- Lift your pelvis upwards, squeezing through the buttocks
- 3 x 8-10 repetitions on each side



7. Dead hang

🕒 2-3 x 15-20 seconds

- Purpose: To strengthen the fingers
- Hang, using all 4 fingers on large edges
- Engage shoulders down, away from the ears
- 2-3 x 15-20 seconds
- 2-3 min break between each hang



8. Pull-up with elastic band

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the grip, back and shoulders
- Hang on a bar. Loop an elastic under the legs to decrease the load
- Engage shoulders down, away from the ears
- Pull the chest up to the bar
- Use a thinner elastic to increase the difficulty
- 3 x 6-8 repetitions



9. Pinch Grip

🕒 3 x 10-20 seconds

- Purpose: To strengthen the pinch grip
- Hold a pinch block with a weight attached
- Increase the difficulty by using a wider pinch or a heavier weight
- 3 x 10-20 seconds



10. Hanging leg raises

🕒 2-3 x 6-8 repetitions

- Purpose: To strengthen the core, shoulders, and grip
- Hang on a bar, engage shoulders down, away from the ears
- Lift straight legs up to an "L" position
- 2-3 x 6-8 repetitions



1. Cossack squat

🕒 3 x 8-12 repetitions

- Purpose: To improve hip mobility and hip and leg strength
- Stand in a wide stance, toes rotated outward
- Move your weight over one leg, alternate sides
- Keep knee aligned over toes
- 3 x 8-12 repetitions



2. Push-up to back bend

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the upper body and improve spinal mobility
- Perform a push-up
- Step one foot behind the other and rotate your body face up
- Lift hips into a single-arm back bend, rotate back to push-up position
- 3 x 6-8 repetitions



3. Angels with elastic band + Squat

🕒 3 x 8-12 repetitions

- Purpose: To strengthen the shoulders and the legs
- Pull elastic overhead, leading with the thumbs
- Hold and perform an overhead squat
- Keep knees aligned over toes and back straight
- Slowly return the arms to the start position
- 3 x 8-12 repetitions



4. Standing star

🕒 3 x 6-10 repetitions on each side

- Purpose: To improve shoulder stability, thoracic and hamstring mobility
- Hold an inverted kettlebell (bottom up) overhead
- Touch the ground with the opposite hand, rotating through the spine
- Keep gaze on the outstretched hand
- Keep knees straight
- 3 x 6-10 repetitions on each side



5. Single-leg glute bridge

🕒 3 x 15 repetitions on each side

- Purpose: To strengthen the gluteal and hamstring muscles
- Lie on your back with one heel on a box
- Keep the opposite leg in the air
- Lift your pelvis upwards, squeezing through the buttocks
- 3 x 15 repetitions on each side



6. Dead hang, half crimp position

🕒 2-4 x 20-30 seconds

- Purpose: To strengthen the fingers
- Hang, using all 4 fingers on small edges
- Engage shoulders down, away from the ears
- 2-4 x 20-30 seconds
- 2-3 min break between each hang



7. Pull-up

🕒 3-4 x 4-6 repetitions

- Purpose: To strengthen the grip, back and shoulders
- Hang on a bar
- Engage shoulders down, away from the ears
- Pull the chest up to the bar
- Add weight to increase difficulty
- 3-4 x 4-6 repetitions



8. Hanging leg raises, toes to bar

🕒 2-3 x 4-6 repetitions

- Purpose: To strengthen the core, shoulders, and grip
- Hang on a bar, engage shoulders down, away from the ears
- Lift straight legs up, bringing toes to bar
- Alternating between sides and middle
- 2-3 x 4-6 repetitions

