

1. Obstacle course with different exercises



- Use your imagination and the nature to put together different elements for an obstacle course
- The rest of level 1 shows suggestions for different exercises



2. Balance



1-2 times

- Purpose: Improve balance and coordination
- Equipment: A rope or other things that mark a start and finish
- Try to balance over the timber
- How thick the timber are will decide how difficult it is
- 1-2 times



3. Wheelbarrow



10 - 15 meters

- Purpose: To improve strength and control in the shoulders, back and trunk
- Equipment: A rope or other things that mark a start and finish
- Hold around the thigh, leg or ankle on your partner and avoid a sway in the back
- The person who is the wheelbarrow should have as little movement as possible in the hips
- Take turns on who is the wheelbarrow, so both can try
- Task: Take something with you from the nature over the course
- 10 - 15 meters



4. Jump and jump on one leg



6-8 one- legged jump on each round

- Purpose: To improve strength and stability in the legs
- Equipment: A rope or other things that mark a start and finish
- Jump with both legs together or jump on one leg from side to side over the timber
- Alternative: Jump on the timber and down on the other side
- 6-8 one- legged jump on each round



5. Over the stream/river



4-6 times on each round

- Purpose: Improve strength and stability in the legs and body
- Equipment: Two ropes
- Use the ropes to mark the "stream/river" width
- The "stream/river" should start narrow and then get wider
- Try to get over the "stream/river" at least 4 times, without getting wet
- Chose yourself how you want to get over (jump, jump on one foot etc.)
- 4-6 times on each round



6. On all fours



2-4 times (depending on the distance/length)

- Purpose: To improve strength and stability in the shoulder, back, trunk and legs
- Move on all four "legs" in a short steep hill or similar uphill
- 2-4 times (depending on the distance/length)



7. Three in a row



3 times on each leg

- Purpose: To improve strength and stability in leg and feet
- Equipment: Markers/cones as "obstacles"
- Round 1: (2 kids) - three one leg jumps over a short obstacle, lay down the markers/cones, then three one legged jumps on the other leg
- Round 2: (2x2 kids - relay): Alternative to one legged jump: Jump sideways, legs together, one leg jumps etc.
- Try to get "three in a row" either as a line or diagonal
- 3 times on each leg



8. The monkey



1-3 rounds

- Purpose: To improve strength and stability in the entire body
- 2 and 2 together
- One person stands there like a "tree"
- The "tree" have a small bend in the knees and the arms straight out to the side
- Stand as stable as possible
- The other person, the monkey, jump onto the back of "the tree"
- The monkey climbs around "the tree"
- 1-3 rounds



9. Single-leg squat with partner

🕒 2-3 x 5-8 repetitions

- Purpose: To improve strength and stability of the leg
- 2 and 2 together
- Hold each others hands
- One performs a one-legged squat
- The partner helps the other on the way up
- Knee over toe
- 2-3 x 5-8 repetitions



10. Wrestling in the push-up position

🕒 2-5 rounds

- Purpose: To improve strength and stability in the shoulder, trunk and back
- Stand in the push-up position
- Hold each others hands
- Try to push/drag each other out of balance
- 2-5 rounds



11. Climb in the trees

🕒 As many times as one like

- Purpose: To improve strength in the entire body
- Use your creativity to climb in different ways
- Use different trees: large/small and with dense/wide branches
- An adult should supervise each children climbing the tree
- As many times as one like



12. Jumping in stairs

🕒 2-5 rounds

- Purpose: To improve strength and stability in the legs
- Jump up the stairs
- Each step, every second step, every third step
- Walk or jog down to the start
- Knees over toes
- 2-5 rounds



13. Cockfight

🕒 2-4 rounds

- Purpose: To improve strenght and stability in the legs
- 2 and 2 together
- Stand on one leg and keep your arms in cross over your chest
- Jump on one leg towards each other
- Try to push the other person out of balance
- 2-4 rounds



1. Hands and feet on the ground

🕒 When all the teams have completed the task, they can all continue running

- Purpose: To prepare the whole body for the training: Socialising and having fun on the way to the start
- Equipment: A whistle
- Divide the training group into small teams (for example 3 per "team"). All teams start to run forward until the trainer blows the whistle
- Example on a task: "The team should have only to feet and two hands on the ground"
- When hearing the whistle from the trainer, this means that each team will be assigned with a task from the trainer that need to be solved
- When all the teams have completed the task, they can all continue running



3. Run - Jump - out of balance

🕒 Push 3 times each and then switch

- Purpose: Prepare the muscles in the legs to stabilise on an uneven surface
- Start running with a partner
- Push your partner a little bit from time to time
- Land softly, knees over toes
- Push 3 times each and then switch



4. Run - Jump - out of balance 2.0

🕒 Push 3 times each and then switch

- Purpose: To stabilise on an uneven surface
- One- legged jump or two- legged jump with a partner
- Push your partner a little bit from time to time
- Land softly, knees over toes
- Push 3 times each and then switch



5. Hip swing

🕒 2 x 10 repetitions

- Purpose: Increase circulation in the muscle groups and warm-up for the large joints
- Hip swing running
- 2 x 10 repetitions



6. Lunges

🕒 3 x 4 repetitions

- Purpose: Activation of the large muscles in the legs and warm-up for back and arms
- Walking lunges with armswing
- Rotate to the same side as the forward leg
- 3 x 4 repetitions



7. One legged jump in the stair sideways

🕒 2-5 rounds on each leg

- Purpose: To improve strength and stability in the legs
- Jump up the stair sideways
- Walk or jog down to the start
- Jump on one leg on each step or every second step
- Knee over toes
- 2-5 rounds on each leg



8. Running steps

🕒 3 x 8-16 repetitions

- Purpose: To improve power transfer and hip and knee control
- Start in a lunge position
- Lift your real leg explosively to fully flex your hip
- Finish on your toes
- 3 x 8-16 repetitions



9. Rotating jump with push

🕒 3 x 8-16 repetitions

- Purpose: To improve landing control
- Jump single-leg and rotate 90 degrees in the air
- Your partner should push you in unexpected directions while you're in the air
- Land softly with your knees bent and aligned over your toes
- Your choice if you will start without a partner-push
- Progression: Rotate 180 degrees in the air
- 3 x 8-16 repetitions



10. Single-leg swings sideways

🕒 30 seconds per side, 2-3 repetitions

- Purpose: To improve stability in standing leg and mobility in swing leg for take off and landings
- Keep your body straight and knee aligned with toe
- Swing with straight leg
- Keep your pelvic stable
- Keep shoulders and hips parallel with your feet pointing forwards
- 30 seconds per side, 2-3 repetitions



1. Strong calves

🕒 5 minutes

- Purpose: Strengthen the calves so they can handle the training load
- Short and fast jumps on both legs. 30 of each: up and down, forwards and backwards, diagonal on each side
- Short and fast one legged jumps. 20 on each leg: up and down, forwards and backwards, side to side and diagonal on each side



2. Feet lift in knee standing position

🕒 2 x 10 repetitions on each foot

- Purpose: Active the hip flexors and the hip muscles on the outside of the hips
- Stand in a lunge-position, with one knee on the ground
- Lift the front foot straight up in the air
- Try to keep the hip straight and don't let it tilt to the side
- 2 x 10 repetitions on each foot



3. Roll from toe to heel

🕒 2 x 10 repetitions on each foot

- Purpose: Improve strength and control in the ankle
- Start by raising and standing on your toes
- Roll then back to the heel, with your toes pointing up in the air
- 2 x 10 repetitions on each foot



4. Tilting the hip upwards with an elastic band

🕒 2 x 10 repetitions

- Purpose: To strengthen important stabilizing muscles on the outside of the hip
- Equipment: Elastic band
- Stand on one leg and bend the knee on the opposite leg backwards with a 90 degree angle in the knee
- Attach an elastic band on the calf and stand on the other end of the elastic band
- Tilt the hip on the opposite side of the one you are standing on, up towards the sky
- Focus on keeping the hip straight and not tilt to the side
- 2 x 10 repetitions



5. Move ankle isolated with an elastic band, standing - outwards

🕒 2 x 10 repetitions

- Purpose: To strengthen stabilizing muscles in the ankle
- Equipment: Elastic band
- Stand on one leg, while the other leg is raised a little bit from the ground
- Attach an elastic band ca. in the middle of the foot
- Rotate the ankle outwards
- 2 x 10 repetitions



6. Move ankle isolated with an elastic band, standing - inwards

🕒 2 x 10 repetitions on each side

- Purpose: To strengthen stabilizing muscles in the ankle
- Equipment: Elastic band
- Stand on one leg, while the other leg is raised a little bit from the ground
- Attach an elastic band ca. in the middle of the foot
- Rotate the ankle inwards
- 2 x 10 repetitions on each side



7. Move ankle isolated with an elastic band, sitting

🕒 2 x 10 repetitions on each side

- Purpose: To strengthen stabilizing muscles in the ankle
- Equipment: Elastic band
- Sit with one leg straight and one leg bent backwards
- On the straight leg - attach an elastic band ca. in the middle of the foot
- Attach the opposite end of the elastic band to an object in the nature
- Twist your foot outwards without moving the rest of the leg
- 2 x 10 repetitions on each side



8. Nordic Hamstring with elastic band

🕒 3 x 6-8 repetitions

- Kneel on a soft mat or balance pad
- Loop an elastic band around your waist
- Keep upper body and hips straight as you move forwards
- Use your hamstring muscles to slow the forward motion
- Use your arms to push yourself back to starting position
- 3 x 6-8 repetitions
- Purpose: To strengthen the hamstring muscles



9. Supine bridge

🕒 3 x 8–16 repetitions per each side

- Purpose: To strengthen the gluteal and hamstrings muscles
- Lie on your back with your heels on a low box
- Lift you hips until your body is aligned from shoulder to ankle
- Maintain a neutral spine throughout the whole movement
- Progression: Perform the exercise with one leg at a time
- Alternative: Rotate your foot in different directions
- 3 x 8–16 repetitions per each side



10. Plank combination

🕒 Repeat the series 3 times

- Purpose: To strengthen the abdominal muscles
- Start in a normal plank position on your hands
- 1. Touch each shoulder with the opposite hand
- 2. Take each knee as far forward as possible without changing your back position
- 3. Lift each arm the opposite leg off the floor
- Repeat the series 3 times



11. Side hold +

🕒 3 x 30 seconds

- Purpose: To improve hip and trunk strength
- Support yourself on your elbow and lift your body
- Your body should be in a straight line
- Lift your top leg as high as possible
- Lower your body to the start position between repetitions
- 3 x 30 seconds



12. Sideways box jump

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways from a box
- Land with good alignment through the hip, knee and ankle
- Use your arms to generate momentum
- Progression: Jump further away from the box
- 3 x 8–16 repetitions



13. Single-leg hip thrust

🕒 3 x 8–16 repetitions per each side

- Purpose: To strengthen the gluteal muscles
- Lie in a bridge with your shoulders on a bench
- Bend your knee to 90 degrees and take your weight through one heel
- Lift your pelvis upwards
- Simulate a running movement by striding with the opposite leg
- 3 x 8–16 repetitions per each side



14. Squat +

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Stand on bosu
- Keep feet hip-width apart
- Start the movement from the hip
- Keep knees aligned with toes
- Sit down as if you are sitting on a chair, keeping your upper body straight
- 3 x 8–16 repetitions



15. Walking lunge with high knee lift

🕒 3 x 5–10 meter

- Purpose: To improve hip and knee control and hip flexibility
- Start by holding one knee in to your chest
- Step forward into a lunge
- Continue forwards, maintaining good hip and knee alignment
- 3 x 5–10 meter

