

1. Ankle jumps

🕒 3 x 15 repetitions

- Purpose: To improve hip and knee control
- Jump with soft landings
- Push off actively in your ankles
- Keep your knees aligned with toes
- 3 x 15 repetitions



2. Lunges

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Lunge forward
- Keep knees aligned over toes
- Maintain upper body upright
- 3 x 8-16 repetitions



3. Pelvic lift

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the hamstrings muscles
- Partner holds you around the ankles
- Lift up your pelvis and extend your hips
- Keep your knee, hips and shoulders aligned
- Lift your pelvic slowly up and down
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8-16 repetitions



4. Side plank

🕒 3 x 30 seconds on each side

- Purpose: To improve hip and trunk strength
- Support yourself on your elbow
- Your body should be in a straight line
- Keep you back in a neutral position
- 3 x 30 seconds on each side



5. Static neck strengthening

🕒 3 x 10 seconds in each direction

- Purpose: To strengthen the neck muscles
- Use one or two hands to provide resistance
- Push your head gently forwards and backwards
- Push your head gently to the side
- Hold your head with both hands as you gently try to look over each shoulder
- 3 x 10 seconds in each direction



6. Squat

🕒 3 x 8-16 repetitions

- Purpose: To develop good squat technique
- Keep your feet hip width apart
- Start the movement from the hip
- Keep your knees aligned with toes
- Sit down as if you are sitting on a chair
- Keep your back straight
- 3 x 8-16 repetitions



1. Single-leg sideways jumps

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Hop sideways on one leg in a squat position
- Keep knee aligned over toes
- Land softly with your knee slightly bent
- 3 x 8-16 repetitions



2. Lunge with rotation

🕒 3 x 30 seconds

- Purpose: To improve hip and knee control during rotation movements
- Perform forward lunges
- Rotate your trunk in alternating directions
- Keep your knee aligned with your toes
- Keep your trunk upright and back straight
- 3 x 30 seconds



3. Nordic hamstrings with elastic

🕒 3 x 6-8 repetitions

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



4. Copenhagen adductor

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the adductor muscles
- Partner holds you above the knee
- Keep your body stable, lower and lift the bottom leg
- Keep your body in a straight line
- Perform the exercise slowly
- 3 x 8-16 repetitions



5. Bear crawl

🕒 a. 10 x 5 seconds b. 8-16 repetitions

- Purpose: To strengthen the neck muscles
- Kneel on all fours
- a. Partner gives gentle resistance to different directions
- Try to resist partner press and stabilise your head
- b. Face your head down
- Partner places hands on top of your head
- Slowly lift your head
- a. 10 x 5 seconds b. 8-16 repetitions



6. The diver

🕒 3 x 8-16 repetitions

- Purpose: To improve trunk control and hamstring strength
- Balance on one leg, with your knee slightly bent
- Tilt your upper body forwards from the hip
- Keep your head, back and opposite leg in a straight line
- Raise your arms overhead
- Progression: Hold a medicine ball or dumbbell
- 3 x 8-16 repetitions



1. Single-leg sideways jumps

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Hop sideways on one leg in a squat position
- Keep knee aligned over toes
- Land softly with your knee slightly bent
- 3 x 8-16 repetitions



2. Single-leg squat

🕒 As many as possible with good control

- Purpose: To strengthen quadriceps and gluteal muscles and improve lower limb control
- Keep your knee aligned over your toes
- Slowly return to start position
- Avoid rotation and tilt of the hips
- As many as possible with good control



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- Keep your body in a straight line
- Perform the exercise slowly
- 3 x 8-16 repetitions



5. Scrums

🕒 3 x 30 seconds

- Purpose: To strengthen the neck muscles
- Stand in the start position ready to bind
- When binded, support yourselves with one hand on the ground and the other hand around the opponent
- Push forward
- Change head positioning (right - left)
- a. on knees, b. With extended legs, c. With neck slightly bend backwards
- 3 x 30 seconds



6. Side plank with perturbations

🕒 1 x 15 seconds per side

- Purpose: To improve shoulder and trunk strength
- Perform a side plank with an outstretched arm
- Maintain your body straight in a straight line
- Your partner pushes you lightly in unexpected directions
- Try to hold your position
- 1 x 15 seconds per side

