1. Obstacle course

3-5 times

- Purpose: To improve strength and stability in the legs
- Knees over toes
- This is just an example on one obstacle course
- Use your imagination to vary the course
- Use approximately 20-30 seconds on one obstacle course
- 3-5 times

2. Speed skating jumps

3 x 10-12 repetitions

- Purpose: To improve strength and stability in the legs
- Jump from side to side
- Knees over toes
- Jump longer to increase the level of difficulty
- 3 x 10-12 repetitions

3. Wheelbarrow

1-3 x ca.10 - 15 meters

- Purpose: To improve strength and control in the shoulders, back and trunk
- 2 and 2 together
- One person is holding on to the legs for the person who is the wheelbarrow
- Hold around the thigh, leg or ankle on your partner
- The person who is the wheelbarrow moves forward using the hands
- Avoid a sway in the back
- Avoid moving the hips if possible
- 1-3 x ca.10 - 15 meters

4. Medicineball- throws

2-3 x 5-8 repetitions

- Purpose: To improve strength in the trunk, back and shoulder
- 2 and 2 together
- Stand with the side pointing to each other
- Throw a medicineball to each other
- Rotate the upper body towards the partner when throwing
- 2-3 x 5-8 repetitions

5. Squats with medicineball- throws

2-3 x 8-16 repetitions

- Purpose: To improve strenght in the legs and shoulders
- 2 and 2 together
- Stand facing each other
- Stand hip-width apart with the feet
- Squat
- Throw the medicineball to the partner on the way up
- Knees over toes
- 2-3 x 8-16 repetitions

6. Prone thigh curls

2-3 x 8-16 repetitions

- Purpose: To improve strength on the muscles on the backside of the thigh
- Lay on your stomach
- Bend the knees while your partners try to hold them back
- Stretch the knees calmly back again
- Avoid raising your hips from the ground
- Avoid a sway in the back
- 2-3 x 8-16 repetitions

7. Wrestling exercise

2-4 times

- Purpose: To improve strength and stability in the whole body
- Start in a standing postition, 2 and 2 together
- Place the outside of the foot towards the outside of your partners foot
- Hold each others hands
- Try to push each other out of balance
- 2-4 times

8. 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

9. 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



10. 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



1. Obstacle course

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- Use approximately 20-30 seconds on one obstacle course
- 3-5 times

2. Tug of war

2-5 times

- Purpose: To improve strenght in the entire body
- Two teams
- Mark a line that marks the middle
- Have a rope that is the same length on each side
- Tug on the rope when a start-signal is given
- Try to use the whole body
- 2-5 times

3. 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

4. 90 degree using a tree

2-3 x 2-6 repetitions on each leg

- Purpose: To improve strength in the thighs
- Sit in a 90 degree position using a tree
- Stretch out one leg at the time
- Keep your upper body as still as possible
- 2-3 x 2-6 repetitions on each leg

5. Squats with medicineball- throws on BOSU- ball

2-3 x 8-12 repetitions

- Purpose: To improve strenght in the legs and shoulders
- 2 and 2 together
- Stand facing each other
- Stand on a BOSU- ball
- Stand hip-width apart with the feet
- Squat
- Throw the medicineball to the partner on the way up
- Knees over toes
- 2-3 x 8-12 repetitions

6. Lunges with rotation

2-3 x 8-12 repetitions

- Purpose: To improve strenght and stability in the legs
- Hold on to a medicine ball with both hands
- Do a lunge backwards
- Rotate the uper part of the body at the same time towards the forward leg
- Knee over toes
- 2-3 x 8-12 repetitions

7. 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

8. Handstand up against a tree

2-3 x 3-5 repetitions

- Purpose: To improve the strength and stability in the shoulder, trunk and back
- Crawl with your feet up a tree
- Keep the end position in a few seconds
- Crawl with your feet back down again from the tree
- 2-3 x 3-5 repetitions

9. Handstanding

2-3 x 3-5 repetitions

- Purpose: To improve strength and stability in the shoulder, back and trunk
- Get into a handstanding postition while your partner secures you from not falling
- Keep the end postition in a few seconds
- 2-3 x 3-5 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. Horse and rider

1-3 x ca.10-15 meters

- Purpose: To improve strength in the legs
- One person carries the partner on the back
- Divide into couples that are more or less the same size
- It is possible to do this execise as a relay
- The exercise can be done with or without squats
- 1-3 x ca.10-15 meters

12. Relay

1-2 x ca.10-15 meters

- Purpose: To improve strength in the whole body
- Everyone on the team shall be carried at least one time
- Put a mark on where you start and finish
- 1-2 x ca.10-15 meters

1. Pull-ups in a tree

As many times as you can

- Purpose: To improve strength in the back and shoulders
- Hang onto a branch
- Pull your body upwards the branch
- A partner can help you with pushing your feet upwards
- As many times as you can

2. Handstand up against a tree

2-3 x 3-5 repetitions

- Purpose: To improve the strenght and stability in the shoulder, trunk and back
- Go to a handstand up against a tree
- The exercise can be done with, or without, a push-up
- 2-3 x 3-5 repetitions

3. Step-up

2-3 x 8-12 repetitions

- Purpose: To improve strength and stability in the legs
- Stand with one leg on the step-bench
- Put all the weight on the leg on the step-bench
- Lifte the other leg up and bend it
- Strecth the leg that are standing on the step-bench
- Knee over toes
- Use bodyweight, manuals or other type of equipment in the exercise, if you want
- 2-3 x 8-12 repetitions

4. Deadlift

2-3 x 4-8 repetitions

- Purpose: Learning the right deadlift technique
- Bend the knees and hips
- Move the barbell along the thighs
- Knees over toes and a straight back during the entire exercise
- Use a long stick or a light barbell
- 2-3 x 4-8 repetitions

5. Squats

2-3 x 4-8 repetitions

- Purpose: Learning the right squat technique
- Stand hip-width apart with the feet
- Start the movement from the hips
- Knees over toes and a straight back during the entire exercise
- Use a long stick or a light barbell
- 2-3 x 4-8 repetitions

6. 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

7. Jumping in stairs

2-5 rounds

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

8. Squats with partner in the plank position

2-3 x 5-8 repetitions

- Purpose: To improve the strength in the legs, trunk and back
- 2 and 2 together
- The partner stands in a high plank position
- Put both legs on top of the shoulders of your partner
- Squat
- Knees over toes
- Avoid a sway in the back when in the plank position
- 2-3 x 5-8 repetitions

9. Rowing and body lifting

2-3 x 5-8 repetitions



- Purpose: To improve strenght in the back and shoulders
- 2 and 2 together, hold each others hands
- One person is lying on the back, on the ground
- The other person stands over the partner
- The person on the ground do a body lift
- The partner does standing- rows
- Keep the body straight
- Avoid lifting the shoulders towards the ears
- 2-3 x 5-8 repetitions