1. Surf squats

2 x 10 repetitions

- Purpose: to enhance mobility in the whole chain of movement
- Start in squat stance
- Look up to the left
- Swing your left arm up and rotate your upper body, moving your back knee inwards
- Swing your left arm up and down while moving to the other side
- Then swing your right arm up similarly, rotate your upper body and again move your back knee inwards
- 2 x 10 repetitions

2. World's greatest stretch

10 repetitions at each side

- Purpose: stretch hips, spine, shoulders, active mobilisation
- Start on hands and knees
- Place right foot on the outside of the right hand
- Lift up your knee until the back leg is extended
- Keep big toes of both feet connected to the floor during the exercise
- Start to slide with backside of the right hand underneath the left arm and rotate back untill your fingers point to the ceiling
- 10 repetitions at each side

3. Walking diagonal lunge

4 x 10-20 meters

- Purpose: to stretch the hips dynamically and to warm-up the spine and fascia
- Put both your arms in the air, the shoulders stay parallel to the hips
- Step forward and a little to the side
- Drop your back knee
- Walk forward with the arms raised
- 4 x 10-20 meters

4. Dynamic up- and downward dog

5 repetitions

- Purpose: to enhance mobility and activate core stability
- Sit on hands and knees, with your hands slightly in front of your shoulders
- Extend your knees, remain your back straight: downward facing dog
- Your knees can be flexed if you lack mobility
- Lower your body down
- Straighten the elbows, extend you back and look up
- Move back to downward facing dog by pushing your hips back and up again
- 5 repetitions

5. External rotation seated with dumbbell

3x10 repetitions each arm

- Purpose: to improve shoulder strengt
- Sit with your knee bent
- Lean your elbow on your knee, so that your elbow is at shoulder level
- Pick a dumbbell weight
- Rotate your shoulder inwards to a horizontal position
- Make sure to keep the shoulder low
- 3x10 repetitions each arm

6. Mobility routine

5-10 repetitions of each exercise

- Purpose: To warm up the shoulders, neck and upper back
- Start with asymmetric arm swing
- Fold your hands behind your back and open the chest
- Then rotate your head from side to side, while you rotate your arm
- 5-10 repetitions of each exercise

7. Wall Slides

3 x 6 repetitions

- Purpose: To improve shoulder mobility
- Sit on a stool with your back against the wall
- Try to touch the wall with the upper and lower back
- Try to push your elbows and wrists against the wall
- Slide with the elbows and wrists up and down over the wall
- 3 x 6 repetitions

8. Retraction

3 x 8-16 repetitions

- Purpose: to strengthen interscapular muscles and extenders of upper back
- Prone position
- Slightly Lift up your head
- Tuk your chin in, making sure your nose faces the floor
- Move your shoulderblades away from your ears and towards each other
- Your arms are active but they stay on the floor
- 3 x 8-16 repetitions

9. Scapular push ups

3 x 10 repetitions

- Purpose: To improve scapular stability, core stability
- Start in a push-up position, your elbows are extended during the entire exercise
- Keep your arms straight while dropping down the chest
- Your shoulder blades will slide towards each other
- Push your hands into the floor and thereby lift the chest, push your shoulder blades out and forward
- 3 x 10 repetitions

10. Dynaband squat

3 x 8-16 repetitions

- Purpose: To improve leg and hip strength
- Put an elastic band around the knees, just above the kneecap
- Squat down while maintaining knees over toes
- 3 x 8-16 repetitions

11. Butterfly

3 x 10 repetitions

- Purpose: To improve upper back and shoulder strength
- Lay down in prone position
- Extend your upper back like in surfing
- Tap the ground next to the hips and in front of you
- Maintain the back extension
- 3 x 10 repetitions

1. Scorpion

3 x 10 repetitions to each side

- Purpose: To enhance spine mobility
- Lay in prone position
- Remain both arms on the floor during the entire exercise
- Bend your right knee, lift your right hip up in the air as far as possible
- Try to touch the floor with your right toes on the left side of your hip
- 3 x 10 repetitions to each side

2. 90-90 stretch

3 x 10 repetitions

- Purpose: To improve hip mobility
- Situp straight with the knees in a 90 degrees angle
- Drop the knees to the right and then to the left
- Try to maintain an upright back
- 3 x 10 repetitions

3. Sidelying windmill

10 repetitions to each side

- Purpose: To increase shoulder and spine mobility
- Lay down on your left side, right hip pointing up
- Your lower leg is extended
- Make a fist with your right arm, with your thumb pointing downward
- Keep your elbow extended during the whole exercise
- 10 repetitions to each side

4. Dynamic balance rotational squat

2-3 x 8 repetitions

- Purpose: To enhance balance and mobility in the whole chain of movement
- Start in squat stance on upside down bosu ball
- Rotate to the right and swing the right arm high up
- Rotate to the other site, left arm up, right arm up down
- Perform with a continuous swing from left to right
- Keep an active back leg and control the knee
- 2-3 x 8 repetitions

5. TWVW

3 x 8 repetitions

- Purpose: To improve upper back strength
- Lay down in prone position
- Lift your shoulders, extend the upper back
- Keep facing the floor, your chin tucked in a little
- Extend the arms to the side (letter “T”)
- Pull the elbows and shoulders down (letter “W”)
- Extend the arms forward (letter “V”)
- Go back to the letter “W”
- 3 x 8 repetitions

6. One legged squat

3 x 8 repetitions

- Purpose: to improve strength and stability of the leg
- Stand on one leg and hold your other foot up
- Squat until your knee starts moving inwards, even if this means you bend only a few degrees
- Come back up until the knee is fully extended
- 4 seconds down, 2 seconds up
- 3 x 8 repetitions

7. Jumping lunges

3 x 10 repetitions

- Purpose: Improve lower limb stability and strength
- Start in lunge position
- Your back knee almost touching the floor, front knee above ankle, torso straight
- Jump and alternate your legs
- Make sure your front knee is straight above your ankle and flexed in a 90 degree angle. The pelvis is horizontal
- 3 x 10 repetitions

8. Push up+

2-3 x 8-12 repetitions

- Purpose: Improve shoulder and arm strength
- Perform a scapular push up
- Alternate with a normal push up
- 2-3 x 8-12 repetitions

9. Ball throwing in surf stance

2-3 x 8-16 repetitions

- Purpose: To improve core stability, reactivity
- Stand in a squat position with the side of your body facing a partner or a wall
- Throw a medicine ball sideways towards the partner or the wall
- Keep your hips aligned and only rotate your upper body
- 2-3 x 8-16 repetitions

10. Scapular pull-ups

3 x 4-6 repetitions

- Purpose: To enhance shoulder strength and coordination
- Hang down from the bar, arms extended, feet off the floor
- Try to pull your shoulder blades backwards and downwards in the direction of your lower back
- Relax, and descending your body as far down as possible
- Hold each position (up and down) for 1 second
- 3 x 4-6 repetitions

11. Surf stance jumps

3 x 8 repetitions

- Purpose: Improve leg stability and strength
- Take your surf stance and jump into the air 20-50 cm
- Land in your surf stance position
- Hold for one second and jump again
- Keep looking forward and focus on active legs and strong knees
- 3 x 8 repetitions

1. Jump squat at bosu ball

2-3 x 8 repetitions

- Purpose: To enhance advanced stability of landing
- From a higher surface, jump onto the flat surface of the bosu ball with 2 feet, ending in a squat position
- Keep the surface of the bosu ball horizontal during landing
- Keep your body compact, your knees above the ankles
- 2-3 x 8 repetitions

2. Shoulder mobility

3 x 10 repetitions

- Stand up straight
- Holding a stick at both ends in front of you against your thighs, palms facing backwards
- Bring your left hand up until overhead
- Lower the left arm down so the stick is behind you
- Now move the right arm up to the overhead position
- And bring that arm down too to get in the starting position
- 3 x 10 repetitions

3. Animal Flow Scorpion

5 repetitions to each side

- Purpose: Improve functional movement and stability
- Start on toes and knees
- Lifting your knees slightly off the floor
- Lift your left leg up behind, open up your hip as far as you can
- Then rotate back, moving your left knee towards your right elbow and sink in your hips
- From there on repeat with other side
- 5 repetitions to each side

4. Plyometric box jump

2-3 x 8 repetitions

- Purpose: To train your stability and explosive strength
- Jump forward, off the box
- Land on 1 foot and keep the stability by keeping your knee bent
- Without pausing, jump again, this time you land on 2 feet
- 2-3 x 8 repetitions

5. Spine routine

1-3 rounds

- Purpose: to keep working on your breathing and breath hold skills
- Sit down on your knees with the feet flexed, spine in neutral position
- Hold your arms in the air and look upwards
- Grab your left wrist with your right hand and bend sideways
- Rotate to the right. Reverse the exercise
- Bend forward touching the ground as far away as you can
- Place your hands behind you, fingers pointing backwards
- Hold your breath during the spinal routine to keep working on your breath hold skills
- 1-3 rounds

6. TWVW

3 x 8 repetitions

- Purpose: To improve upper back strength
- Lay down in prone position, lift your shoulders, extend the upper back
- Hold water bottles, stones or dumbells in your hands
- Keep facing the floor, your chin tucked in a little
- Extend the arms to the side (letter T)
- Pull the elbows and shoulders down (letter W)
- Extend the arms forward (letter V)
- Go back to the letter W
- 3 x 8 repetitions

7. Prone paddle with elastic band

5 x 1 minute

- Purpose: To improve paddle strength and conditioning
- Lay down on a big ball, legs extended, feet wide and touching the floor
- Attach a rubber band in front of you and take it in both hands
- Paddle with the resistance of the band and keep your posture
- 5 x 1 minute

8. Rotational Jump

3 x 8 repetitions

- Take your surf stance and get deep
- Rotate 180 degrees while jumping in the air
- Land in your surf stance with your back knee compressed towards the ground, but strong and stable
- 3 x 8 repetitions

9. Lat pull down

3 x 8-16 repetitions

- Purpose: Improve shoulder and back strength
- Sit on a bench with the back straight
- Adjust an elastic band above you slightly in front of you
- Pull the elastic band down with your back straight
- Note that you keep your forearms in line with the elastic band
- 3 x 8-16 repetitions

10. Pop-up surf squat with rotation

2-3 x 10 repetitions

- Purpose: rotational stability and strength of the whole body
- Lie down prone on the floor
- Do your pop-up followed by one surf squat to each side
- Drop back down into prone position and repeat
- Note that both heels are on the ground and you stay low after the pop-up
- 2-3 x 10 repetitions

11. Pull-up

3-4 x 4-6 repetitions

- Purpose: To strengthen the shoulders and the back
- Hang on a bar
- Engage shoulders down, away from the ears
- Pull the chest up to the bar
- Return to start position
- 3-4 x 4-6 repetitions

12. Cross-over external rotation

2-3 x 8-16 repetitions

- Purpose: To strengthen external rotators of the shoulder and interscapular muscles
- Stand up straight
- Have an elastic loop around a pole
- Pull the elastic loop towards your forehead, ending with elbows in line with the shoulders, having them 90 degrees flexed
- 2-3 x 8-16 repetitions