

1. Single-leg jumps

🕒 3 x 8–16 repetitions

- **Purpose:** To enhance landing stability
- Perform single-leg jumps
- Keep a straight line through your whole body
- 3 x 8–16 repetitions



2. Wall plank

🕒 As many as possible with good control

- **Purpose:** To enhance shoulder and trunk strength
- Start in a handstand facing the wall
- Walk hands slowly forwards, keeping your back straight
- As many as possible with good control



3. 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



4. Single-leg squat

🕒 As many as possible with good control

- **Purpose:** To strengthen quadricep and gluteal muscles and improve lower limb control
- As many repetitions as possible with good 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



5. Single-leg jump with rotation

🕒 3 x 8–16 repetitions

- **Purpose:** To improve knee and ankle stability
- Single-leg jumps
- Keep knees aligned with toes
- Rotate with every jump
- 3 x 8–16 repetitions



6. Flyer with rotation

🕒 3 x 6–8 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
- Rotate upper body to both sides
- 3 x 6–8 repetitions



1. Single-leg jump with rotation +

🕒 3 x 8–16 repetitions

- Purpose: To enhance shoulder and trunk strength
- Single-leg jumps
- Keep knees aligned with toes
- Rotate with every jump
- 3 x 8–16 repetitions



2. Wall plank +

🕒 As many as possible with good control

- Purpose: To enhance shoulder and trunk strength
- Start in a handstand facing the wall
- Walk hands slowly forwards until you are in a plank position
- Lift one foot and the opposite hand, keep your back straight
- As many as possible with good control



3. Rotations + single-leg balance

🕒 4–6 repetitions

- Purpose: To challenge balance and stability
- Rotate quickly then stop suddenly
- Keep single-leg balance with knee over toe
- Repeat on both legs
- 4–6 repetitions



4. Single-leg squat +

🕒 As many as possible with good control

- Purpose: To strengthen quadricep and gluteal muscles and improve lower limb control
- Single-leg squat on a bosu
- Keep your knee aligned over your toes
- Avoid rotation and tilt of the hips
- As many as possible with good control



5. 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



6. Copenhagen adductor short

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the hip 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



1. Plank with rotation

🕒 As many as possible with good control

- Purpose: To enhance shoulder and core stability
- Rest on lower arms
- Keep body straight
- Rotate upper body
- As many as possible with good control



2. Wall plank with rotation

🕒 As many as possible with good control

- Purpose: To enhance shoulder and trunk strength
- Start in a handstand facing the wall
- Walk hands slowly forwards until you are in a plank position
- Lift one hand and rotate body
- Follow your hand with your eyes
- As many as possible with good control



3. Rotation + flyer

🕒 4–6 repetitions

- Purpose: To challenge balance and stability
- Rotate then stop suddenly
- Keep single-leg balance with knee over toe
- Keep upper body in line with extended leg
- Repeat on both legs
- 4–6 repetitions



4. Single-leg squat + flyer +

🕒 As many as possible with good control

- Purpose: To strengthen the gluteals and thigh muscles and improve balance
- Single-leg squat
- Keep knees over toes
- Move slowly over into a flyer
- As many as possible with good control



5. Rotation + cartwheel + flyer

🕒 4–6 repetitions

- Purpose: To challenge balance and stability
- Rotate quickly then perform a cartwheel, then a flyer
- Keep single-leg balance with knee over toe
- Keep upper body in line with extended leg
- Repeat on both legs
- 4–6 repetitions



6. Copenhagen adductor

🕒 3 x 8–16 repetitions

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

