

## 1. Back extension

🕒 2–3 x 6–8 repetitions

- Purpose: To strengthen the lower back
- Lie over an exercise ball
- Place your hands behind your head and lift your upper body
- 2–3 x 6–8 repetitions



## 2. 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



## 3. Single-leg jumps

🕒 3 x 30 seconds

- Purpose: To improve hip and knee control
- Single-leg jumps
- Your partner should try to push you off balance
- Keep knees aligned over toes
- 3 x 30 seconds



## 4. Forward 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



## 5. Short speed skating jump

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- 3 x 8–16 repetitions



## 6. Side plank

🕒 3 x 30 seconds

- Purpose: To enhance pelvic and groin strength
- Rest on your elbow
- Lift up pelvic and the upper leg
- Hold pelvic stable
- 3 x 30 seconds



## 7. Side-lying groin strengthening

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the hip adductor muscles
- Lie on your side with your top leg bent forwards
- Lift the lower leg straight upwards and lower slowly
- Perform the exercise slowly
- Keep your foot horizontal throughout the exercise
- 3 x 8–16 repetitions



## 8. Ankle strength +

🕒 3 x 30 seconds

- Purpose: To improve ankle strength
- You partner has the elastic around the opposite leg to the side you are training
- Hold behind your thigh
- Keep your lower leg horizontal
- Flex and extend ankle joint
- 3 x 30 seconds



## 9. Heel-walk

🕒 3 x 10 meter

- Purpose: To strengthen the front of the lower legs
- Walk on heels
- Keep your knees straight, "bounce" from one side to the other
- 3 x 10 meter



## 10. Nordic Hamstrings

🕒 3 x 6-8 repetitions

- Purpose: To strengthen the hamstrings muscles
- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 6-8 repetitions



## 1. Wiper

🕒 3 x 8–16 repetitions

- Purpose: Increase trunk strength
- Hold on to partners legs
- Move legs slowly from side to side
- Keep the movement even and controlled
- 3 x 8–16 repetitions



## 2. 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



## 3. Forward jump +

🕒 3 x 8–16 repetitions

- Purpose: Enhance hamstrings activation pattern
- Jump forwards from a 2-leg take-off
- Landings in deep squat position
- Keep knee over toe
- 3 x 8–16 repetitions



## 4. Forward 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



## 5. Side lunges

🕒 3 x 8–16 repetitions

- Purpose: To improve hip flexibility and control
- Perform deep squats to each side
- Keep knees aligned with toes
- 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



## 7. Single-leg body tilt

🕒 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



## 8. Heel-walk

🕒 3 x 10 meter

- Purpose: To strengthen the front of the lower legs
- Walk on heels
- Keep your knees straight, "bounce" from one side to the other
- 3 x 10 meter



## 9. Long speed skating jump

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- Gradually increase the jump distance
- 3 x 8–16 repetitions



## 10. Ankle strength +

🕒 3 x 30 seconds

- Purpose: To improve ankle strength
- You partner has the elastic around the opposite leg to the side you are training
- Hold behind your thigh
- Keep your lower leg horizontal
- Flex and extend ankle joint
- 3 x 30 seconds



## 11. Nordic Hamstrings

🕒 3 x 3–5 repetitions

- Purpose: To strengthen the hamstrings muscles
- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 3–5 repetitions





## 1. 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



## 2. 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



## 3. 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



## 4. Side lunges

🕒 3 x 8–16 repetitions

- Purpose: To improve hip flexibility and control
- Perform deep squats to each side
- Keep knees aligned with toes
- 3 x 8–16 repetitions



## 5. 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



## 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



## 7. Speed skating jumps on balance mats

🕒 3 x 8–16 repetitions

- Purpose: To improve hip and knee control
- 3 x 8–16 repetitions
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- 3 x 8–16 repetitions



## 8. Heel-walk

🕒 3 x 10 meter

- Purpose: To strengthen the front of the lower legs
- Walk on heels
- Keep your knees straight, "bounce" from one side to the other
- 3 x 10 meter



## 9. Nordic Hamstrings

🕒 3 x 8–12 repetitions

- Kneel on a soft mat
- Slowly fall forwards, keeping your upper body and hips straight
- Control the falling motion using your hamstrings
- Use your arms to push yourself back to the start position
- 3 x 8–12 repetitions

