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1. Hamstrings stretch

♦ 3 x 5–8 repetitions

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- Purpose: To improve hamstring flexibility
 Hold behind your thigh
 Straighten your knee as far as possible
 Keep your ankle relaxed throughout the exercise
- 3 x 5-8 repetitions

2. Hip mobility

2. Hip mobility	
 3 x 30 seconds Purpose: To improve hip mobility Sit with your hips and knees bent to 90 degrees Roll both knees to one side, touching one on he floor in front of you Slowly rotate from side to side 3 x 30 seconds 	
3. Sideways shuffle	
𝔅 3 x 5 meter in each direction	
 Purpose: To strengthen the gluteal muscles Start in a squat position 	
 Place an elastic band around your knees 	1
 Shuffle sideways 3 x 5 meter in each direction 	<u>A</u>
· SXS meter in each direction	
4. Walking lunges	
♦ 3 x 5–10 meter	
Purpose: To improve hip and knee control	
 Walk forwards and backwards with deep lunges Cross your hands behind your head 	
• 3 x 5-10 meter	5.
5. The diver	
☉ 3 x 5 repetitions each leg	
Purpose: To improve trunk control and hamstring strength	
 Straight knee on balancing leg Swinging leg slightly bent 	
 Move from the hip Keep lower back in neutral position throughout exercise 	

♦ 3 x 8–16 repetitions

- Purpose: To improve jumping power and technique
- Perform a deep squat on a bosu
- Jump sideways onto another bosu
- Go straight into another squat as you land
- Keep knees aligned with your toes
 3 x 8-16 repetitions

1. Back mobility

♦ 3 x 30 seconds

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- Purpose: Improve lower back flexibility and control
- Stand with feet hip-width apart
- Start with your hips and knees bent
- Place an elastic band around your knees
- Tilt your pelvis forwards and backwards in different squat depths
- Controlled movement
- 3 x 30 seconds

2. Sideways shuffle

- ♦ 3 x 5 meter in each direction
- Purpose: To strengthen the gluteal muscles
- Start in a squat position
- Place an elastic band around your knees
 Shuffle sideways
- 3 x 5 meter in each direction

3. Rotation +

♦ 3 x 8–16 repetitions

- Purpose: Improve spinal control and flexibility
- Kneel in a lunge position on two mats or balls
- \cdot Rotate trunk in each direction as far as possible
- Keep back straight
- Progression: Close your eyes
- 3 x 8-16 repetitions

4. Hip thrust on ball

♦ 3 x 8–16 repetitions

- Purpose: To improve trunk control and balance
- Kneel on a large exercise ball
- Bend forward as far as possible
- Lift body and extend hips explosively
- 3 x 8-16 repetitions

5. The diver

♦ 3 x 5 repetitions each leg

- Purpose: To improve trunk control and hamstring strength
- Straight knee on balancing leg
- Swinging leg slightly bent
- Move from the hip
- Keep lower back in neutral position throughout exercise
- 3 x 5 repetitions each leg

6. Double-leg box jump

♦ 3 x 8–16 repetitions

- Purpose: To improve jumping power and technique
- Jump onto a box from a deep squat
- Land on 2 legs with knees over toes
- Hold the landing position for approx 1 sec
- 3 x 8-16 repetitions













1. Kneeling hip stretch +

♦ 2–3 x 6–8 repetitions

- Purpose: To improve hip flexibility
- Place one foot forward, keeping the knee over the heel
- Keep your back straight and push your hips forwards
- Your hips should be in front of your belly button
- Lift a ball overhead
- 2-3 x 6-8 repetitions

2. Glider

♦ 3 x 8–16 repetitions

- Purpose: To improve hip mobility and control
- \cdot $\,$ Place a slippery material under one foot (e.g. a piece of carpet)
- Slide the foot slowely backwards into a lunge position
- Keep your weight on the front foot
- Maintain good alignment between your hips, knees and toes
- 3 x 8-16 repetitions

3. Double-leg bridge with ball

♦ 3 x 8–16 repetitions

- Purpose: To strengthen the gluteal and hamstrings muscles
- Raise hips until body is straight
- \cdot $\,$ Roll the ball towards you and back again
- Control movement with your hamstrings
- 3 x 8-16 repetitions

4. Single-leg squats with rotation

- ♦ 3 x 8–16 repetitions
- Purpose: To improve single-leg balance and control
- Perform a single-leg overhead squat
- \cdot $\,$ Rotate your upper body towards the standing leg at the bottom
- \cdot $\,$ Focus on good alignment between your hip, knee and toes
- Return explosively back to start position
- 3 x 8-16 repetitions

5. Double-leg box jump +

♦ 3 x 8–16 repetitions

- Purpose: To improve jumping power and technique
- Jump onto a box from a deep squat on a bosu
- Land on 2 legs with knees over toes
- Hold the landing position for approx 1 sec
- 3 x 8-16 repetitions

6. Single-leg box jump +

- ♦ 3 x 8–16 repetitions
- Purpose: To improve jumping control
- Jump with 2 legs from a bosu
- · Land on one leg on a high box, focus on good hip and knee alignment
- Maintain landing position for appox 1 sec
- 3 x 8-16 repetitions













3