

## 1. Hamstrings stretch

🕒 3 x 5–8 repetitions

- 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

🕒 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 the floor in front of you
- Slowly rotate from side to side
- 3 x 30 seconds



## 3. 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



## 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. 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. Sideways jumps on bosu

🕒 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

- 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
- 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
- Place a slippery material under one foot (e.g. a piece of carpet)
- Slide the foot slowly 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
- 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
- Rotate your upper body towards the standing leg at the bottom
- 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 approx 1 sec
- 3 x 8-16 repetitions

