

## 1. 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



## 2. 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



## 3. Backwards lunge

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Lunge backwards
- Keep knees aligned with toes
- Maintain upper body in upright position
- 3 x 8-16 repetitions



## 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. Standing row

🕒 3 x 8-16 repetitions

- Purpose: To strengthen shoulders and upper back
- Pull the elastic band backwards
- Keep shoulders low
- Keep elbows close to your body
- Squeeze your shoulder blades together
- 3 x 8-16 repetitions



## 6. Y exercise

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low
- Keep your arms straight
- In the end position pull shoulder blades back and down
- 3 x 8-16 repetitions



## 7. Shoulder external rotation

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulder rotator muscles
- The shoulder should be elevated and the elbow bent to 90 degrees
- Rotate the upper arm, keeping your elbow in the same place
- Start with a handball, then progress to a lightly weighted ball
- 3 x 8-16 repetitions



## 8. 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. Shoulder external rotation

🕒 3 x 8-16 repetitions

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- The shoulder should be elevated and the elbow bent to 90 degrees
- Rotate the upper arm, keeping your elbow in the same place
- Start with a handball, then progress to a lightly weighted ball
- 3 x 8-16 repetitions



## 2. Y exercise

🕒 3 x 8-16 repetitions

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- 3 x 8-16 repetitions



## 3. Standing row

🕒 3 x 8-16 repetitions

- Purpose: To strengthen shoulders and upper back
- Pull the elastic band backwards
- Keep shoulders low
- Keep elbows close to your body
- Squeeze your shoulder blades together
- 3 x 8-16 repetitions



## 4. Forward jump

🕒 3 x 8-16 repetitions

- Purpose: To 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



## 5. Push up +

🕒 3 x 8-16 repetitions

- Purpose: To improve upper body strength and shoulder stability
- Perform push ups
- At the top, keep elbows straight
- Push upper back as high as possible
- 3 x 8-16 repetitions



## 6. 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. 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. Y exercise

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low
- Keep your arms straight
- In the end position pull shoulder blades back and down
- 3 x 8-16 repetitions



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- Purpose: To improve upper body strength and shoulder stability
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## 4. Forward jump

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- Jump forwards from a 2-leg take-off
- Landings in deep squat position
- Keep knee over toe
- 3 x 8-16 repetitions



## 5. Box jumps

🕒 3 x 30 seconds

- Purpose: To enhance explosivity in changes of direction
- 2-leg jumps in different directions
- Soft landings with knee over toe
- Try to time your landing on a pre-defined spot
- 3 x 30 seconds



## 6. Nordic Hamstrings

🕒 3 x 8-12 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 8-12 repetitions

