### 1. Squat

- ♦ 3 x 8-16 repetitions
- Feet hip-width apart
- Elastic band around knees
- Knees aligned with toes .
- Sit down as if on a chair .
- . 3 x 8-16 repetitions

## 2. Forward lunges

- ở 3 x 8-16 repetitions
- . Lunge forward
- . Knees aligned with toes .
- Maintain upper body in upright position .
- 3 x 8-16 repetitions

#### 3. Backwards lunges

- ♦ 3 x 8-16 repetitions
- Lunge backwards •
- Maintain upper body in upright position
- Knees aligned with toes •
- 3 x 8-16 repetitions

## 4. Sideways lunges

- ♦ 3 x 8-16 repetitions
- Lunge sideways •
- Knees aligned with toes •
- . Maintain upper body in upright position
- 3 x 8-16 repetitions

# 5. Sideways jumps

- ♦ 3 x 8-16 repetitions
- . Jump sideways
- . Land on both legs simulatiously
- Knees aligned with toes •
- 3 x 8-16 repetitions

#### 6. Nordic Hamstrings

♦ 2 x 3-5 repetitions

- Kneel on pad or mat .
- . Partner stabilizes legs
- Lower your upper body slowly towards the ground
- Resist a falling motion using your hamstrings Push yourself back to start position
- .
- 2 x 3-5 repetitions











# 1. Walking lunges

- ♦ 3 x 8-16 repetitions
- Lunge forward
- Knees aligned with toes •
- Maintain upper body in upright position
- 3 x 8-16 repetitions

# 2. Squat +

<ul> <li>Feet hip-width apart</li> <li>Stand on BOSU, elastic band around knees</li> <li>Sit down as if on a chair</li> <li>Knees aligned with toes</li> <li>Slowly back to start position</li> <li>3 x 8-16 repetitions</li> </ul>	
3. Jump and push	
<ul> <li>3 x 8-16 repetitions</li> <li>Push partner from different directions</li> <li>Keep knees aligned with toes</li> <li>Focus on soft landings</li> <li>3 x 8-16 repetitions</li> </ul>	

### 4. Jumping lunges

Ó	3 x 8-16 repetitions
	Alternating jumps Soft landing in deep lunge Knees in alignment with toes in landings 3 x 8-16 repetitions

# 5. Single-leg deadlift

#### ♦ 3 x 8-16 repetitions

- Find balance on one leg
- Lift other leg and move upper body forwards
- . Keep back extended
- 3 x 8-16 repetitions

#### 6. Nordic Hamstrings

♦ 2 x 6-8 repetitions

- Kneel on pad or mat
- Partner stabilizes legs
- Lower your upper body slowly towards the ground
- Resist a falling motion using your hamstrings
  Push yourself back to start position
  2 x 6-8 repetitions





# 1. Forward jumps

- ♦ 3 x 8-16 repetitions
- Jump forwards onto BOSU
- Landing in squat position
- Knees aligned with toes .
- 3 x 8-16 repetitions

## 2. Single-leg squat

- 🔆 10 repetitions
- . Squat on one leg
- . Sit down as if on a chair
- . Knee in alignment with toes
- . 10 repetitions

# 3. Jump turns

- ♦ 3 x 8-16 repetitions
- Elastic band as resistance •
- Jump in different directions Knee aligned with toes
- • 3 x 8-16 repetitions

## 4. Sideways jumps

- ♦ 3 x 8-16 repetitions
- Jump sideways ٠
- . Focus on soft landings
- . Knee in alignment with toes
- 3 x 8-16 repetitions

## 5. Flyer

- ♦ 3 x 8-16 repetitions
- . Find balance on one leg
- Maintain knee slightly bent .
- Move upper body forwards .
- . Keep back extended
- Rotate upper body to both sides .
- 3 x 8-16 repetitions •

#### 6. Nordic Hamstrings

♦ 2 x 8-12 repetitions

- Kneel on pad or mat
- Partner stabilizes legs
- . Lower your upper body slowly towards the ground
- Resist a falling motion using your hamstrings •
- Push yourself back to start position . 2 x 8-12 repetitions











