

## 1. Ankle dorsiflexion

🕒 3 x 30 seconds

- Start in half kneeling position, pad under knee
- Elastic band above ankle joint
- Slowly shift bodyweight over foot
- 3 x 30 seconds



## 2. Hip flexor stretch

🕒 2 x 30-60 seconds

- Move hip slowly forwards
- Maintain alignment in the upper body
- Move your upper body towards the same side
- 2 x 30-60 seconds



## 3. Knee extension

🕒 3 x 5 repetitions

- Stabilize thigh with both hands
- Straighten and bend knee slowly
- Maintain ankle relaxed
- 3 x 5 repetitions



## 4. Pelvic control

🕒 3 x 10-15 repetitions

- Supine position with legs in cross
- Tilt the pelvis backwards and forwards
- 3 x 10-15 repetitions



## 5. Rotation

🕒 2 x 10 repetitions

- Start position on all four
- Rotate upper body and elevate the arm towards the ceiling
- Alternate sides
- 2 x 10 repetitions



## 6. Double-leg bridge with ball

🕒 3 x 15 repetitions

- Raise the pelvis until body is straight
- Roll the ball towards you and back again
- Control movement with your hamstrings
- 3 x 15 repetitions



## 7. Side plank

🕒 3 x 10-20 seconds

- Support on elbow
- Alignment from head to toes
- Raise and lower the leg
- Maintain the pelvis in stable position
- 3 x 10-20 seconds



## 8. Jumping lunges

🕒 3 x 10-20 repetitions

- Alternating jumps
- Soft landing in deep lunge
- Knees in alignment with toes in landings
- 3 x 10-20 repetitions



## 9. Wheelbarrow

🕒 3 x 30 seconds

- 30 x 30 seconds
- Partner stabilizes legs
- Walk on hands forwards and backwards
- Maintain alignment through the body
- 3 x 30 seconds



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- Move hip slowly forwards
- Maintain alignment in the upper body
- Move your upper body towards the same side
- 2 x 30-60 seconds



## 4. Rotation

🕒 2 x 10 repetitions

- Start position on all four
- Rotate upper body and elevate the arm towards the ceiling
- Alternate sides
- 2 x 10 repetitions



## 5. Side plank +

🕒 3 x 10-20 seconds

- Support on elbow
- Alignment from head to toes
- Raise and lower upper leg
- 3 x 10-20 seconds



## 6. Single-leg bridge with ball

🕒 3 x 15 repetitions

- Raise the pelvis until body is straight
- Roll the ball towards you and back again
- Control movement with your hamstring
- 3 x 15 repetitions



## 7. Push-up +

🕒 3 x 15 repetitions

- Push-up start position
- Keep elbows straight
- Round the back and spread your shoulderblades apart
- Back to start position
- 3 x 15 repetitions



## 8. Sideways jumps

🕒 2 x 10 repetitions

- Active arm swing
- Jump sideways onto box
- Knee in alignment with toes in landings
- Active arm swing
- 2 x 10 repetitions



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- Move hip slowly forwards
- Maintain alignment in the upper body
- Move your upper body towards the same side
- 2 x 30-60 seconds



## 4. Diver

🕒 3 x 5 repetitions

- Straighten the on the balancing leg
- Start the movement in the hip
- Keep lower back in neutral position throughout the exercise
- 3 x 5 repetitions



## 5. Single-leg bridge with ball

🕒 3 x 15 repetitions

- Raise the pelvis until body is straight
- Roll the ball towards you and back again
- Control movement with your hamstring
- 3 x 15 repetitions



## 6. Rotation

🕒 2 x 10 repetitions

- Start position on all four
- Rotate upper body and elevate the arm towards the ceiling
- Alternate sides
- 2 x 10 repetitions



## 7. Sideways jumps

🕒 2 x 10 repetitions

- Active arm swing
- Jump sideways onto box
- Knee in alignment with toes in landings
- Active arm swing
- 2 x 10 repetitions



## 8. Wheelbarrow +

🕒 3 x 30 seconds

- Partner stabilizes legs
- Give an even and controlled push forwards and backwards
- Feel the movement in shoulder
- Maintain alignment through the body
- 3 x 30 seconds

