

1. Ankle mobility

🕒 3 x 30 seconds

- Purpose: To improve ankle flexibility
- Start in lunge position
- Position the elastic band just above your ankle joint
- Move knee slowly forwards and backwards
- 3 x 30 seconds



2. Rotation

🕒 3 x 20 seconds

- Purpose: To improve back flexibility
- Start in a 4-point kneeling position
- Rotate one arm at a time
- Keep your eyes on your hand during the exercise
- 3 x 20 seconds



3. 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



4. Hip flexor stretch

🕒 3 x 5-8 repetitions

- Purpose: To improve hip flexibility
- Move weight slowly forwards
- Keep upper body straight
- Lean your upper body to the same side as your front foot
- 3 x 5-8 repetitions



5. Pelvic lift

🕒 2-3 x 6-8 repetitions

- Purpose: To improve low back and pelvis control
- Lie on your back with bent knees
- The hips and knees should remain 90 degrees throughout the whole exercise
- Lift up your pelvis
- 2-3 x 6-8 repetitions



6. 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 and push upper back as high as possible
- 3 x 8-16 repetitions



7. The diver

🕒 3 x 8-16 repetitions

- Purpose: To improve trunk control and hamstring strength
- Balance on one leg, with your knee slightly bent
- Tilt your upper body forwards from the hip
- Keep your head, back and opposite leg in a straight line
- Raise your arms overhead
- Progression: Hold a medicine ball or dumbbell
- 3 x 8-16 repetitions



8. Leg curl

🕒 3 x 8-16 repetitions

- Purpose: To improve control of the hips, pelvis and low back
- Lift up your pelvis and extend your hips
- Slowly roll the ball towards you by bending your knees
- Roll the ball backwards until your knees are extended
- Keep your lower back and pelvis stable throughout the movement
- 3 x 8-16 repetitions



9. Side plank

🕒 3 x 30 seconds on each side

- Purpose: To improve hip and trunk strength
- Support yourself on your elbow
- Your body should be in a straight line
- Keep your back in a neutral position
- 3 x 30 seconds on each side



10. Jumping lunges

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Start in a lunge position with knees bent to 90°
- Jump directly to the same position on the other side
- Land softly, keeping your knees aligned with your toes
- 3 x 8-16 repetitions



11. Wheelbarrow

🕒 3 x 30 seconds

- Purpose: To improve strength and control in the trunk and shoulders
- Start in a plank position
- Partner holds your ankles
- Walk forwards and backwards on your hands
- Maintain a neutral back position throughout the exercise
- 3 x 30 seconds



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10. Sideways box jump

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways from a box
- Land with good alignment through the hip, knee and ankle
- Use your arms to generate momentum
- Progression: Jump further away from the box
- 3 x 8-16 repetitions



11. Wheelbarrow +

🕒 3 x 30 seconds

- Purpose: To improve strength and control in the trunk and shoulders
- Start in a plank position
- Partner holds your ankles
- Partner lets go of one leg at a time
- Maintain alignment through your body
- 3 x 30 seconds



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7. Side hold +

🕒 3 x 30 seconds

- Purpose: To improve hip and trunk strength
- Support yourself on your elbow and lift your body
- Your body should be in a straight line
- Lift your top leg as high as possible
- Lower your body to the start position between repetitions
- 3 x 30 seconds



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