

1. Squat

🕒 3 x 10-15 repetitions

- Feet hip-width apart
- Elastic band around knees
- Sit down as if on a chair
- Knees aligned with toes



2. Forward lunges

🕒 3 x 10 repetitions

- Lunge forward
- Knees aligned with toes
- Maintain upper body in upright position
- 3 x 10 repetitions



3. Backwards lunges

🕒 3 x 10 repetitions

- Lunge backwards
- Maintain upper body in upright position
- Knees aligned with toes
- 3 x 10 repetitions



4. Sideways lunges

🕒 3 x 10 repetitions

- Lunge sideways
- Knees aligned with toes
- Maintain upper body in upright position
- 3 x 10 repetitions



1. Diagonals

🕒 3 x 10 repetitions

- Purpose: Better landing technique
- Elastic band around knees
- Step diagonally forwards and backwards
- 3 x 10 repetitions



2. Single-leg deadlift

🕒 3 x 10 repetitions

- Find balance on one leg
- Lift other leg and move upper body forwards
- Keep back extended
- 3 x 10 repetitions



3. Squat on BOSU

🕒 3 x 10 repetitions

- Purpose: Increase stability in landings
- Feet hip width apart
- Elastic band around knees, stand on BOSU
- Sit down as if on a chair
- Knees aligned with toes
- 3 x 10 repetitions



4. Dspin

🕒 3 x 10 repetitions

- Purpose: Increase stability in landings
- Find your balance on one leg
- Bend upper body forwards
- Extend the body and rotate upper body outwards
- 3 x 10 repetitions



1. Sideways jumps

🕒 3 x 10 repetitions

- Jump sideways
- Focus on soft landings
- Knee in alignment with toes
- 3 x 10 repetitions



2. Jump turns

🕒 3 x 10 repetitions

- Elastic band as resistance
- Jump in different directions
- Knee aligned with toes
- 3 x 10 repetitions



3. Squat on BOSU +

🕒 3 x 10 repetitions

- Purpose: Increase stability in landings
- Stand on BOSU
- Elastic band around knees
- Knees in alignment with toes
- Squat down to 90 degrees knee bend
- 3 x 10 repetitions

