

1. Back extension

🕒 2-3 x 6-8 repetitions

- Purpose: To strengthen the lower back
- Lie over an exercise ball
- Place your hands behind your head and lift your upper body
- 2-3 x 6-8 repetitions



2. Downward-facing dog

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hamstring flexibility
- Try to keep your lower back straight throughout the exercise
- Keep your knees straight
- Press your heels down in the final position
- 2-3 x 6-8 repetitions



3. 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



4. 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



5. Short speed skating jump

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- 3 x 8-16 repetitions



6. Single-leg jumps

🕒 3 x 30 sec

- Purpose: To improve hip and knee control
- Single-leg jumps
- Your partner should try to push you off balance
- Keep knees aligned over toes
- 3 x 30 sec



7. Side plank

🕒 3 x 30 sec

- Purpose: Enhance pelvic and groin strength
- Rest on your elbow
- Lift up pelvic and the upper leg
- Hold pelvic stable
- 3 x 30 sec



8. Side-lying groin strengthening

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the hip adductor muscles
- Lie on your side with your top leg bent forwards
- Lift the lower leg straight upwards and lower slowly
- Perform the exercise slowly
- Keep your foot horizontal throughout the exercise
- 3 x 8-16 repetitions



9. Ankle strength +

🕒 3 x 30 sec

- Purpose: To improve ankle strength
- You partner has the elastic around the opposite leg to the side you are training
- Hold behind your thigh
- Keep your lower leg horizontal
- Flex and extend ankle joint
- 3 x 30 sec



10. Heel-walk

🕒 3 x 10m

- Purpose: Strengthen the front of the lower legs
- Walk on heels
- Keep your knees straight, "bounce" from one side to the other
- 3 x 10m



11. 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. Back extension

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- 2-3 x 6-8 repetitions



2. Downward-facing dog

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hamstring flexibility
- Try to keep your lower back straight throughout the exercise
- Keep your knees straight
- Press your heels down in the final position
- 2-3 x 6-8 repetitions



3. Isolated pelvic rotation

🕒 2 x 45 sec

- Purpose: To improve pelvic and lower back control
- Keep your legs as straight as possible
- Keep your upper body stable
- Tilt your pelvic forwards and backwards
- 2 x 45 sec



4. Diagonal cross steps

🕒 3 x 8-16 repetitions

- Purpose: Strengthen gluteal muscles
- Place an elastic band around your knees
- Bend hips and knees and walk diagonally forwards and backwards
- 3 x 8-16 repetitions



5. Single-leg squat

🕒 As many as possible with good control

- Purpose: To strengthen quadricep and gluteal muscles and improve lower limb control
- As many repetitions as possible with good control
- Keep your knee aligned over your toes
- Slowly return to start position
- Avoid rotation and tilt of the hips
- As many as possible with good control



6. Single-leg sideways hop

🕒 3 x 8-16 repetitions

- Purpose: Improve hip strength and control
- Put an elastic band around your waist
- Hop sideways against resistance
- Focus on soft landings
- Keep knee aligned over toes
- 3 x 8-16 repetitions



7. Long speed skating jump

🕒 3 x 8-16 repetitions

- Purpose: To improve hip and knee control
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- Gradually increase the jump distance
- 3 x 8-16 repetitions



8. Copenhagen adductor short

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the adductor muscles
- Partner holds you above the knee
- Keep your body stable, lower and lift the bottom leg
- Keep your body in a straight line
- Perform the exercise slowly
- 3 x 8-16 repetitions



9. Single-leg body tilt

🕒 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



10. Heel-walk

🕒 3 x 10m

- Purpose: Strengthen the front of the lower legs
- Walk on heels
- Keep your knees straight, "bounce" from one side to the other
- 3 x 10m



11. 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. Downward-facing dog

🕒 2-3 x 6-8 repetitions

- Purpose: To improve hamstring flexibility
- Try to keep your lower back straight throughout the exercise
- Keep your knees straight
- Press your heels down in the final position
- 2-3 x 6-8 repetitions



2. Single-leg pelvic rotation

🕒 2-3 x 6-8 repetitions

- Purpose: To improve pelvic control
- Lean against a wall and lift one knee until your thigh is horizontal
- Rotate your pelvis forwards and backwards
- Keep the middle of your back still and relaxed
- Maintain both legs in the same position throughout the exercise
- Keep your standing leg straight
- 2-3 x 6-8 repetitions



3. 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



4. Single-leg squat +

🕒 As many as possible with good control

- Purpose: To strengthen quadriceps and gluteal muscles and improve lower limb control
- Single-leg squat on a BOSU
- Keep your knee aligned over your toes
- Avoid rotation and tilt of the hips
- As many as possible with good control



5. 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



6. Turns

🕒 3 x 8-16 repetitions

- Purpose: To improve landing control
- Put an elastic band around your waist
- Hop and spin 45 degrees twice in each direction
- Keep knee aligned over toes
- 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. Copenhagen adductor

🕒 3 x 8-16 repetitions

- Purpose: To strengthen the adductor muscles
- Partner holds you at the knee and ankle
- Keep your body stable, lower and lift the bottom leg
- Keep your body in straight line
- Perform the exercise slowly
- 3 x 8-16 repetitions



9. Speed skating jumps on balance mats

🕒 3 x 8–16 repetitions

- Purpose:
- 3 x 8–16 repetitions
- Jump sideways into deep knee flexion
- Keep knees aligned over your toes
- 3 x 8–16 repetitions



10. Heel-walk

🕒 3 x 10m

- Purpose: Strengthen the front of the lower legs
- Walk on heels
- Keep your knees straight, "bounce" from one side to the other
- 3 x 10m



11. Nordic Hamstrings

🕒 3 x 8–12 repetitions

- 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

