1. 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 siting on a chair
Keep your back straight

2. 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. Backwards lunge

3 x 8–16 repetitions

Purpose: To improve hip and knee control
Lunge backwards
Keep knees aligned with toes
Maintain upper body in upright position

4. 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

5. Standing row

3 x 8–16 repetitions

Purpose: To strengthen shoulders and upper back
Pull the elastic band backwards
Keep shoulders low
Keep elbows close to your body
Squeeze your shoulder blades together

6. Y exercise

3 x 8–16 repetitions

Purpose: To strengthen the shoulders and upper back
Elevate arms in a Y–pattern
Keep shoulders low
Keep you arms straight
In the end position pull shoulder blades back and down

7. Shoulder external rotation

3 x 8–16 repetitions

Purpose: To strengthen the shoulder rotator muscles
The shoulder should be elevated and the elbow bent to 90 degrees
Rotate the upper arm, keeping your elbow in the same place
Start with a handball, then progress to a lightly weighted ball

8. 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