

### 1. Hip and back warm up

5–10 minutes

Purpose: Warm up and improve flexibility in the hips and low back

Lie on your back and flex and extend your hip

Roll your knees from side to side

Take one foot towards the opposite hand - lying face-up and face-down

Rotate upper body in a side plank position

### 2. Rotations

3 x 8–16 repetitions

Purpose: To improve rotational mobility

Kneel and rotate your upper body in each direction

Try to touch your opposite foot

### 3. Squat with rotation +

3 x 8–16 repetitions

Purpose: To improve knee control and upper back flexibility

Perform a deep squat on a bosu, take one hand to opposite ankle at the bottom

Fully rotate upper body as you straighten up

Keep knees aligned over toes

### 4. Single-leg squat

As many as possible with good control

Purpose: To strengthen quadricep and gluteal muscles and improve lower limb control

Keep your knee aligned over your toes

Slowly return to start position

Avoid rotation and tilt of the hips

### 5. Thumbs up

3 x 8–16 repetitions

Purpose: To improve back and shoulder strength

Lift up extended arms and legs simultaneously

Squeeze shoulder-blades together

Thumbs up

### 6. 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

### 7. Rotational strength

3 x 8–16 repetitions

Purpose: To improve rotation strength

Stand with your feet shoulder-width apart

Keep your arms straight

Your partner resists while you rotate

Take turns with your partner to rotate

### 8. Squat challenge +

3 x 8–16 repetitions

Purpose: To improve reaction time and hip and knee control

Start standing upright on a bosu with feet hip-width apart

Place your palms on top of partners hands

Your partner unexpectedly drops the balls

Squat and try to catch the two balls