

## 1. Squat

🕒 3 x 8-16 repetitions

- Feet hip-width apart
- Elastic band around knees
- Knees aligned with toes
- Sit down as if on a chair
- 3 x 8-16 repetitions



## 2. Forward lunges

🕒 3 x 8-16 repetitions

- Lunge forward
- Knees aligned with toes
- Maintain upper body in upright position
- 3 x 8-16 repetitions



## 3. Backwards lunges

🕒 3 x 8-16 repetitions

- Lunge backwards
- Maintain upper body in upright position
- Knees aligned with toes
- 3 x 8-16 repetitions



## 4. Sideways lunges

🕒 3 x 8-16 repetitions

- Lunge sideways
- Knees aligned with toes
- Maintain upper body in upright position
- 3 x 8-16 repetitions



## 5. Sideways jumps

🕒 3 x 8-16 repetitions

- Jump sideways
- Land on both legs simultaneously
- Knees aligned with toes
- 3 x 8-16 repetitions



## 6. Nordic Hamstrings

🕒 2 x 3-5 repetitions

- Kneel on pad or mat
- Partner stabilizes legs
- Lower your upper body slowly towards the ground
- Resist a falling motion using your hamstrings
- Push yourself back to start position
- 2 x 3-5 repetitions



## 1. Walking lunges

🕒 3 x 8-16 repetitions

- Lunge forward
- Knees aligned with toes
- Maintain upper body in upright position
- 3 x 8-16 repetitions



## 2. Squat +

🕒 3 x 8-16 repetitions

- Feet hip-width apart
- Stand on BOSU, elastic band around knees
- Sit down as if on a chair
- Knees aligned with toes
- Slowly back to start position
- 3 x 8-16 repetitions



## 3. Jump and push

🕒 3 x 8-16 repetitions

- Push partner from different directions
- Keep knees aligned with toes
- Focus on soft landings
- 3 x 8-16 repetitions



## 4. Jumping lunges

🕒 3 x 8-16 repetitions

- Alternating jumps
- Soft landing in deep lunge
- Knees in alignment with toes in landings
- 3 x 8-16 repetitions



## 5. Single-leg deadlift

🕒 3 x 8-16 repetitions

- Find balance on one leg
- Lift other leg and move upper body forwards
- Keep back extended
- 3 x 8-16 repetitions



## 6. Nordic Hamstrings

🕒 2 x 6-8 repetitions

- Kneel on pad or mat
- Partner stabilizes legs
- Lower your upper body slowly towards the ground
- Resist a falling motion using your hamstrings
- Push yourself back to start position
- 2 x 6-8 repetitions



## 1. Forward jumps

🕒 3 x 8-16 repetitions

- Jump forwards onto BOSU
- Landing in squat position
- Knees aligned with toes
- 3 x 8-16 repetitions



## 2. Single-leg squat

🕒 10 repetitions

- Squat on one leg
- Sit down as if on a chair
- Knee in alignment with toes
- 10 repetitions



## 3. Jump turns

🕒 3 x 8-16 repetitions

- Elastic band as resistance
- Jump in different directions
- Knee aligned with toes
- 3 x 8-16 repetitions



## 4. Sideways jumps

🕒 3 x 8-16 repetitions

- Jump sideways
- Focus on soft landings
- Knee in alignment with toes
- 3 x 8-16 repetitions



## 5. Flyer

🕒 3 x 8-16 repetitions

- Find balance on one leg
- Maintain knee slightly bent
- Move upper body forwards
- Keep back extended
- Rotate upper body to both sides
- 3 x 8-16 repetitions



## 6. Nordic Hamstrings

🕒 2 x 8-12 repetitions

- Kneel on pad or mat
- Partner stabilizes legs
- Lower your upper body slowly towards the ground
- Resist a falling motion using your hamstrings
- Push yourself back to start position
- 2 x 8-12 repetitions

