

Warm Up



a) Hip Rotations

Stand with your legs slightly apart. Place your hands on your waist. Rotate your hips both clockwise and counterclockwise.

Do this for 1 minute.



b) Ankle Rotations

Stand with your legs slightly apart, place your hands on your waist, rotate the active foot with the toes pointed on the ground.

Do this with each foot for 30 seconds.



c) Weight Shifting

Crouch down on your tiptoes with your hands on your thighs, alternate pushing one knee downward then the other.

Do this for 1 minute.



d) Slalom

Feet together, bending slightly at the knees, put your hands on your knees, move your knees in parallel to one another, in a side to side motion.

Do this for 1 minute.



e) Arm Rotations

Stand with your legs hip width apart, rotate your arms forward and backward, as your arms reach the top of the rotation, stand on your tiptoes.

Do this for 1 minute.



f) Skier

Stand with your legs hip width apart, bend your torso forward, let your arms drop and then swing one arm forward while the other swings backward, crossing as they come to the middle.

Do this for 1 minute.

Stretching & Relaxation



a) Lower Calves

Place your hands against a wall, left leg further back than the right leg, bend your knees until you feel a light stretch in the lower left calf (red points).

Hold for 30 seconds, then switch legs.



b) Upper Calves

Place your hands against a wall, left leg further back than the right leg, stretch the back leg until you feel a light stretch in the entire calf muscle as well as in the back of the knee (red points).

Hold for 30 seconds, then switch legs.



c) Hamstrings
Kneel and bring your left leg forward, place your right hand on your thigh and the other on a chair, lean slightly forward until you feel a light stretch in your hamstring (red points), keep a slight bend in the knee of the outstretched leg.
Hold for 30 seconds, then switch legs.



d) Quadriceps
Kneel and bring your left leg forward, place your left hand on a chair for support, with your other hand pull your right foot towards your buttocks until you feel a light stretch in your quadriceps (red points).
Hold for 30 seconds, then switch legs.



e) Adductors
In a wide stance shift your weight to one side until you feel a light stretch in the inner thigh (red points) of the outstretched leg.
Hold for 30 seconds, then switch legs.



f) Hip flexor ("Iliopsoas")
Kneel and bring your left leg forward, place your right hand on your knee, push your hips forward until you feel a light stretch in the front of the hip (red points).
Hold for 30 seconds, then switch legs.



g) Flexibility
Bring your right leg to an elevated position higher than your hips, grab your foot with your right hand, stretch the leg completely and pull your foot towards your body.
Hold for 30 seconds, then switch legs.



h) Back Stretch
Stand with your legs hip width apart, slightly bend the knees, make your back round, hands down to your toes, stretch your legs until you feel a light stretch in your back (red points).
Hold for 30 seconds, then switch legs.



i) Buttocks ("Gluteus")
Sit down with stretched legs, torso upright, place the left foot on the outer side of the right leg, hold the left leg with the right hand and pull against the body.
Hold for 30 seconds, then switch legs.



j) Buttocks ("Gluteus medius")
Lie on your back, your left arm stays on the ground, place your left leg to the right side of your body, with the right hand push your left leg towards the floor.
Hold for 30 seconds, then switch legs.



k) Thigh

Lie on your back, left leg stretched, pull your right foot with your right hand towards your buttocks.

Hold for 30 seconds, then switch legs.



l) Leg Swinging

Stand on your left leg, holding on to a chair with your left hand, swing the right leg in a wide motion forward and backward.

Do this for 30 seconds, then switch sides and legs.



m) Rocking Chair

Lie on your back, bring your knees to your chest and hug them tightly with your arms, roll from the upper back to the buttocks forward and backward.

Do this for 1 minute.



n) Carousel

Hang from a horizontal bar, spread your legs, twist your body by swinging your legs in a crossing motion.

Do this for 1 minute.



o) Swinging

Hang from a horizontal bar, swing in a relaxed motion forward and backward, pulling your feet towards your head.

Do this for 1 minute.

Foot Exercises



a) Outer Edge of the Foot

Walk around on the outer edge of your foot.

Do this for 1 minute.



b) Inner Edge of the Foot

Walk around on the inner edge of your foot.

Do this for 1 minute.



c) Tiptoes
Walk around on your tiptoes.
Do this for 1 minute.



d) Heels
Walk around on your heels.
Do this for 1 minute.



e) Rocking
Stand on your heels, roll your foot until you are on your tiptoes, then roll back to your heels, repeat.
Do this for 1 minute.



f) Forward Drag
Move by pulling with your toes and dragging your foot forward.
Do this for 1 minute.



g) Moving Penciles
Place some penciles on the ground, sit on a chair, then gripping them with your toes, move one pencile after the other to another location.
Do this for 1 minute.

Running Drills



a) Heel-to-butt
Run slowly forward and touch your heel to your buttocks with every step, do this for 1 minute.



b) Knee-to-hip
Run slowly forward and lift your knee to hip-height with every step, do this for 1 minute.



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c) Skipping

Jump with your right leg, lift your left knee to hip-height, land on your right leg again, change to the other leg, do this for 1 minute.

Core Strength



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a) Push-ups

1) Get on the palms of your hands and toes, body stretched and level, do not let yourself hang down, do not stick your butt in the air.



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2) Bend your arms and touch your breast to the floor.

Count your repetitions and every time do one more than last time!



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b) Stomach Muscles

1) Lie on your back, arms and legs outstretched, one arm on each side of your head.



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2) Lift and lower both legs at the same time in an outstretched position without touching the ground.

Do this for 1 minute.



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c) Side Muscles

1) Lie on your right side, lay your head on your outstretched right arm, place your left hand on the floor for support.



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2) Lift and lower both of your outstretched legs at the same time in a lateral motion without touching the ground.

Do this for 30 seconds, then switch sides.



d) Back Muscles

1) Lie on your stomach, arms and legs outstretched, one arm on each side of your head.



2) Lift and lower both of your outstretched legs at the same time without touching the ground.

Do this for 1 minute.



e) Stomach Muscles

1) Distribute your weight evenly and support yourself with your toes and elbows.



2) Lift and lower your right outstretched leg without touching the ground.

Do this for 30 seconds, then switch legs.



f) Side Muscles

1) In a lateral position, support yourself with the left elbow and the left foot, so that there is a straight line from the breast bone to the middle of the pelvis.



2) Laterally lift and lower your right leg.

Do this for 30 seconds, then switch sides and legs.



g) Back Muscles

1) Lie on your back and support yourself on your elbows and heels. Your head stays up as an extension of your spine, your legs are stretched.



2) Lift and lower your right leg without touching the ground.

Do this for 30 seconds, then switch legs.



h) Side Muscles

1) In a lateral position, support yourself with your left elbow and your left foot, so that there is a straight line from your breast bone to the middle of your pelvis, place your right hand on your waist.



2) Lower and lift your hips in a lateral movement without touching the ground.

Do this for 30 seconds, then switch sides.



i) Back Muscles

1) Lie on your stomach, legs outstretched with arms at your side.



2) Alternate lifting one leg then the other without touching the ground, lift your arms and move them forwards and backwards along the side of your body.

Do this for 1 minute.



j) Stomach Muscles

1) Lie on your back, lift your arms so that they are perpendicular to your body.



2) Stretch your left leg without touching the ground, your left hand follows your left knee, bring your right knee to your chest and stretch your right arm over your head, continue this in a back and forth motion.

Do this for 1 minute.



k) Stomach Muscles

1) Lie on your back, arms and legs outstretched.



2) Bring both knees to your chest, at the same time your torso moves towards your knees, touch your feet with your hands.

Do this for 1 minute.



l) Stomach Muscles

1) Lie on your back, arms crossed under your head. Cross your feet at the ankles and lift them so that the knees are above your belly button.



2) Slightly lift and lower your butt and tail bone from the ground.

Do this for 1 minute.



m) Stomach Muscles

1) Lie on your back, elevate your feet on a bed, chair, etc.

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2) Alternating left and right elbows, try to touch the opposite knee with them.

Do this for 1 minute.