

1.



2.

Crab Position Hip Raises



Balance on your hands and feet, facing up. Push your hips up, pause briefly at the top, and then slowly lower your hips (without your backside touching the ground).

Crab Position Single Leg Hip Raises



Balance on your hands and one foot, facing up. Push your hips up, pause briefly at the top, and then slowly lower your hips (without your backside touching the ground). Make sure to work both legs equally.

3.



4.
a)



b)

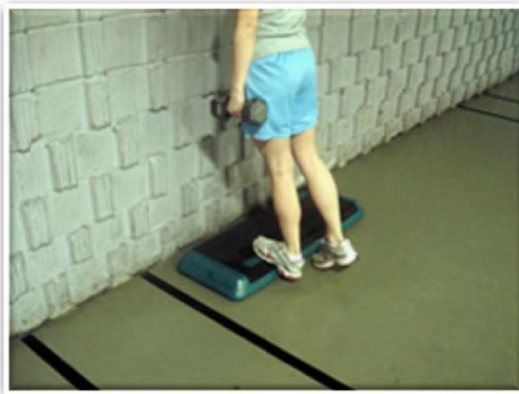


c)



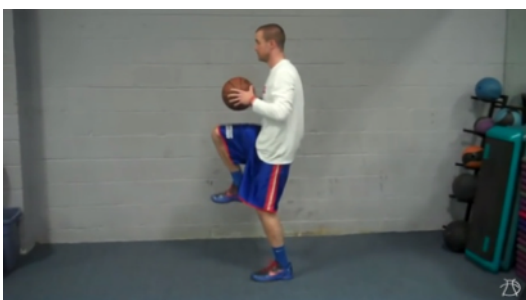
5.

Single Leg DB Calf Raises



Balance the power pad of your foot on an elevated surface. While holding a dumbbell in one hand, let your heel drop into a deep stretch, then push up onto your toes and pause briefly. Lower your heel back down to the starting position and repeat.

6.

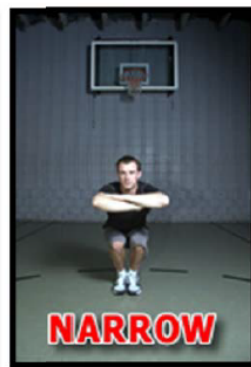


7.



8.

Bodyweight Squat Series




1. **Regular stance:** assume a hip width stance. Drop your hips toward the ground in a squatting position. Lower yourself until your thighs are parallel to the ground then push back up to the start. Keep the heels flat and be sure to maintain good upper body posture.
2. **Staggered stance:** feet are staggered, one foot in front of the other about shoulder width apart.
3. **Wide stance:** feet are double hip width apart.
4. **Narrow stance:** feet are together, ankles touching.

9.



10.

Over & Unders

<p>Equipment: basketball or medicine ball Time: perform exercise for 30 to 90 seconds with minimal rest before next exercise Instructions: Sit up on your backside without letting your feet touch the ground and alternate by pulling each knee to your chest while placing the ball "over and under" each leg.</p>

11.



12.

a)



b)



c)



13.



14.



15.
Normala



Crossover



Lateral



16.

Utgångsläge (sida)



Utgångsläge (framifrån)



17.

Side to Side Twists

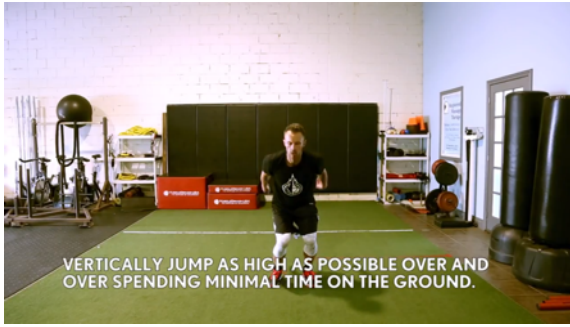


Equipment: basketball or medicine ball

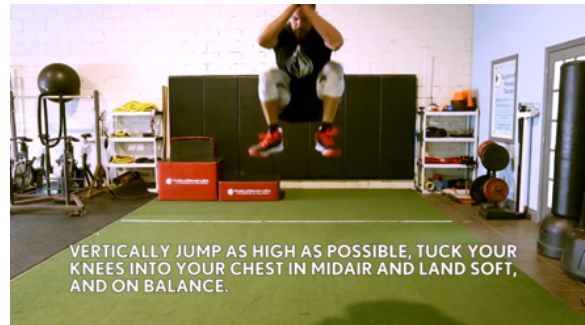
Time: perform exercise for 30 to 90 seconds with minimal rest before next exercise

Instructions: Assume the same starting position as the Over & Unders. Holding the ball with both hands twist your shoulders and from side to side, touching the ball on the ground next to your hip. Do your best to get your shoulders square to the direction you are tapping.

18.
Pogo jumps



Tuck jumps



19.



20.

