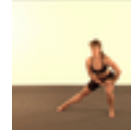


## 90/90 Hip Stretch

Sets: 2 Rest: 30 sekunder Reps: 1 Tempo: håll i 10 sekunder

### Instructions:

1. Special Note: If you are tight in your hips you will find it hard to keep the curve in your low back during this stretch. Get someone to tape your low back.
2. Sit on the floor with both the front and back legs bent to 90° and the angle at the groin also approximately 90°.
3. You may either hold a swiss ball or place your hands on the ground.
4. Tipping your pelvis forwards like pouring water out of the front of a bowl over your belt.
5. Think of tipping your butt backwards.
6. You will have an increase in the curve in your low back. Keep the curve in your low back and your chest and head up as you move forward over your front knee.
7. Note: Stretches can be performed with a number of methods including; Contract-Relax Static Hold Active Movement.



## Standing Long Adductor Stretch

Sets: 2 Rest: 30 sekunder Reps: 1 Tempo: håll i 10 sekunder

### Instructions:

1. Standing with feet in wide stance.
2. Shift bodyweight to one leg placing hand on knee for support to the point where you feel a comfortable stretch.
3. Note: Stretches can be performed with a number of methods including; Contract-Relax Static Hold Active Movement.



## Kneeling Hip Flexor with Multi Plane Movement

Sets: 2 Rest: 30 sekunder Reps: 1 Tempo: håll i 10 sekunder

### Instructions:

1. Kneeling in the bottom of the lunge position with your front foot in front of the knee.
2. There are 5 different movements you can perform.
3. Draw your belly button inwards and tuck your tail under. Reach up with your arms in the air move your whole pelvis forward keeping it square to the front.
4. Return to the start keeping the arms up move forward and side bend to one side then to the other side.
5. The last sequence is with the arms out in front moving forward while rotating to one side then the other.

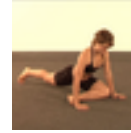


## Myofascial Rectus Femoris stretch

Sets: 2 Rest: 30 sekunder Reps: 1 Tempo: håll i 10 sekunder

### Instructions:

1. 1. Kneeling on the floor sitting on your heels.
2. 2. Reach to place your hands on the floor behind you.
3. 3. Elongate your spine and tuck your chin lifting your chest.

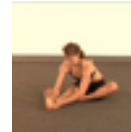


## Gluteals Prone Stretch

Sets: 2 Rest: 30 sekunder Reps: 1 Tempo: håll i 10 sekunder

### Instructions:

1. Seated on the floor with the outside of your bent front leg on the floor
2. Keep your pelvis parallel to the floor and tilted forwards.
3. Lower your hips so that your rear thigh is near your front heel to the point that you get a comfortable stretch
4. Repeat on the other side

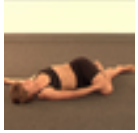


## Single leg Forward bending hamstring and low back stretch

Sets: 2 Rest: 30 sekunder Reps: 1 Tempo: håll i 10 sekunder

### Instructions:

1. Sit on the floor with one leg straight and the other one crossed
2. Bend forward, breathing out as you reach your straight knee
3. Hold it for 20sec

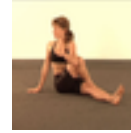


## Lumbar Rotation with Bent Knee Cross Body Draw

Sets: 2 Rest: 30 sekunder Reps: 1 Tempo: håll i 10 sekunder

### Instructions:

1. Lying supine with one arm outstretched raise the leg on the side of the arm that is outstretched. Place the foot behind the back of your knee.
2. With the other hand reach across drawing your knee across your body to the point you feel a comfortable stretch.

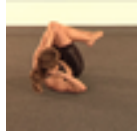


## Seated Twisting Gluteal Stretch

Sets: 2 Rest: 30 sekunder Reps: 1 Tempo: håll i 10 sekunder

### Instructions:

1. Sitting on the floor with straight legs in front weight supported on your hands behind your body.
2. Bend your leg and place your foot on the outside of your opposite knee.
3. Twisting your trunk towards your supporting hand use the opposite arm to hug your knee to your body to the point where you feel a comfortable stretch.
4. Note: Stretches can be performed with a number of methods including; Contract-Relax Static Hold Active Movement.



## Cross Crunch with Pelvic Counter Rotation

Sets: 1 Rest: 30 sekunder Reps: 10 Tempo: 2020 Rel Intensity Weight:

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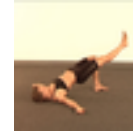
Sets: 1 Rest: 30 sekunder Reps: 10 Tempo: 2020 Rel Intensity Weight:

### Notes:

Kontroll under hela rörelsen

### Instructions:

1. Lying on your back begin with your hips flexed to the same position at which your low back touches the ground in the cross crunch.
2. Allow the legs and pelvis to rotate until your knee touches the floor without changing the angle at your hip.
3. Begin rotating your pelvis and legs towards neutral (vertical) while simultaneously bringing the opposite elbow towards the knee.
4. It is best to complete all repetitions on one side before moving to the other side. Warning: Anyone with an injury to a disc should get medical clearance before advanced oblique exercises such as this.



## Supine Hip Extension with Three Way Leg Movement

Sets: 1 Rest: 30 sekunder Reps: 1 Tempo: kontroll Rel Intensity Weight:

Sets: 1 Rest: 30 sekunder Reps: 1 Tempo: kontroll Rel Intensity Weight:

Sets: 1 Rest: 30 sekunder Reps: 1 Tempo: kontroll Rel Intensity Weight:

Sets: 1 Rest: 30 sekunder Reps: 1 Tempo: kontroll Rel Intensity Weight:

### Instructions:

1. Lying face up with your arms out.
2. Drawing your belly button inwards lift your hips up until your hip is inline with your knee and shoulder.
3. Keeping your hips up move your leg in 3 directions up and down out to the side and the final movement is a rotation across your body.