

MONDAY					
Order	Exercise	Description	Target	Repetitions / Duration	Video
1	WARM-UP (see platform)				
See platform					
2	EXPLOSIVITY				
Pick 1 exercise	Squat jump	Start in a standing position. Bend the knees so that you touch the ground with your hands. Jump with maximal power from the squat position and reach the arms above your head.	Hip extensors, knee extensors, hip flexors, knee flexors	5 repetitions	https://www.youtube.com/watch?v=U4s4mEQ5VqU
	Jumping lunge	Start in split squat position. From this position, jump up and move your feet, so you land on the floor with the opposite leg in front of the other. In this exercise, it is important to keep your upper body straight and that the strength in the jump moves upwards. Knee stability and control is important to avoid valgus collapse in your knee.	Hip extensors, knee extensors	5 repetitions on each side	https://www.youtube.com/watch?v=yncnjpwl_9g
	Chair jump	Stand on a chair/box, jump down and reach a 90 degree angle and jump again as high as possible.	Hip extensors, knee extensors, hip flexors, knee flexors	5 repetitions	
3	CORE				
Circuit training (no break)	Russian twist	Sit on your buttocks with your legs in the air (optional). Hold the object (medicine ball, weight, dictionary...) in the corners with both hands. Move it from left to right over your hips by rotating your trunk.	Straight and oblique abdomen, hips flexors	20-50 repetitions each side	https://www.youtube.com/watch?v=JyUqwkVpsi8
	V ups	Lie stretched out on your back with your arms by your sides. Raise your legs straight toward your body while raising your upper body toward your legs. In the final position, only your buttocks touch the floor and your fingers touch your feet.	Straight abdomen, hips flexors	15-30 reps	https://www.youtube.com/watch?v=U1S7TDHMQU
	Bicycle crunch	Lay on your back in a relaxed position with your arms behind your head and legs straight. Exhale as you raise one knee towards your face while driving the opposite elbow to the knee. Once your abs are fully contracted, slowly lower yourself back to the starting position and repeat on the opposite side.	Straight, transverse, oblique abdomen	20-50 repetitions each side	https://www.youtube.com/watch?v=lwyvozckjak
	Hollow to superman	Lie on the floor only with your lower back touching the floor. Keep your arms together behind your head as an elongation of your body. Hold your feet up above the floor. In this position, it is important to tighten your entire body, so the position can be held. Roll along your body's centre-line, so you move into superman position with abdomen touching the floor. It is only abdomen and back that should be touching the floor. Arms and legs are held above the floor during the entire movement.	Transverse, straight, oblique abdomen	10 rolls each side	https://www.youtube.com/watch?v=_1LXu5T8AO4
	Side plank with rotation	Place yourself in a side plank position. Move your arm underneath your body, return and stretch your arm up toward the ceiling. Keep the body stable throughout the exercise.	Oblique and transverse abdomen, deep lumbar, superficial upper back	20-50 repetitions each side	https://www.youtube.com/watch?v=LfWEPa6Epeg
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6	CARDIO				
	Burpees	Start in standing position. Start the movement by bending your knees, placing your hands on the floor, and stretching your legs out behind your body. Lower your body quickly but yet steadily down towards the floor and move your feet quickly back towards your body. Jump up from deep knee bent position and clap your hands above your head with stretched arms. Add push for more difficulty.	Whole body, knee extensors, extensors, plantar flexors	2 min.	https://www.youtube.com/watch?v=dZgVxm6fjkA
	Jumping jacks	Stand with your legs together; hop straight up, alternately with your legs together and apart. When your legs are apart, move your arms to the sides; when they are together, keep your arms by your sides. Repeat.	Shoulder, hip abductors, ankle stabilizing muscles, coordination	2 min.	https://www.youtube.com/watch?v=UpH7rm0cYbM

Pick 1 exercise	Mountain climber	Begin in a push-up position with arms stretched. Keep abs and back steady while pulling your knee towards your elbow. Return to starting position. Alternate between the legs.	Transverse abdomen	2 min.	https://www.youtube.com/watch?v=nmwqirgXLYM
	High knee lift onsite	Stand with feet parallel. Run on the spot with high knees while moving your arms. Don't move forward.	Hip flexors, knee flexors	2 min.	https://www.youtube.com/watch?v=ZZZoCNMU48U
	Jumping rope	Start the exercise with a few jumps to find the rhythm. Jump up and down by actively using your ankle joint. Your shoulders must be relaxed during the entire exercise, and it is your wrists that create movement in the rope. 1 leg, 2 legs, single jump, double jump...	Coordination, cardio, core, hip flexors and extensors, calves, arms and shoulders	2 min.	https://www.youtube.com/watch?v=0NivRAaOdIQ
	Starfish jumps	Stand and squat down and then immediately jump and extend your arms and legs.	Hip extensors, knee extensors, hip flexors, knee flexors, shoulder, hip adductors, coordination	2 min.	https://www.youtube.com/watch?v=h6wu4_L0hyU
7	EXPLOSIVITY				
Circuit training (no break)	Side jackknife	Lie on your left side on an exercise mat with your legs extended straight downward and the right leg on top of the left. Place your left hand on your abdominals. Place your right hand behind your head. This is your starting position. Raise your right leg straight in the air while simultaneously raising your torso, bringing your right elbow toward your right leg. Hold for a moment and then return to the starting position. Repeat and then switch sides.	Straight transverse	20-50 repetitions each side	https://www.youtube.com/watch?v=eLUSfcbxvF8
	Push-up to side plank	Stand on your toes, holding your upper body in place with stretched arms. Shoulder wide grip. Lower your body to the ground and then press back up. As you come up, shift your weight on the left side of the body, twist to the side while bringing the right arm straight up towards the ceiling to a side plank. Lower the arm back to the floor for another pushup and twist to the other side. Repeat by alternating each side.	Rectus abdominis, chest, oblique, transverse, deep lumbar	10-30 repetitions each side	https://www.youtube.com/watch?v=o2Qek4N2ea8
	Oblique crunches	Lie on your back with your knees bent and one ankle resting on the other knee. Hold your hands behind your head. Raise your head and upper body and turn toward the knee of the raised leg. Repeat for the opposite side.	Oblique	30-50 reps each side	https://www.youtube.com/watch?v=9LnqSK6y26s
	High reverse plank (straight or bent legs)	Start in a seated position. Place your hands behind you for support, shoulder-width apart. Lift your buttocks and legs off the ground, keeping your legs fully extended. Hold the position.	Straight, transverse, oblique abdomen, hips extensors and deep lumbar part.	1-2 min.	https://www.youtube.com/watch?v=VQPkRxDibpl
	Alternating V ups	Lie on your back with your legs fully extended and your arms out to the sides. Raise your right leg and your torso simultaneously, and reach your left hand toward your right foot. Return to the starting position, and repeat on the opposite side.	Hips flexors, oblique and straight abdomen	15-30 reps each side	https://www.youtube.com/watch?v=u8lo0IGPC6k
	Superman	Lie on abdomen and lift your arms and feet up from the floor. Stretch your arms out in front of your body as an elongation of the body. Go down. Repeat.	Transverse abdomen and deep lumbar part.	30-50 reps	https://www.youtube.com/watch?v=z6PJMT2y8GQ
8	STRETCHING (see platform)				
See platform					