

WEDNESDAY					
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	<a href="https://www.youtube.com/watch?v=U4s4mEQ5VqU">https://www.youtube.com/watch?v=U4s4mEQ5VqU</a>
	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	<a href="https://www.youtube.com/watch?v=yncmjpw1_9g">https://www.youtube.com/watch?v=yncmjpw1_9g</a>
	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	RUBBER-BAND (see exercises on platform)				
See platform					
4	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	<a href="https://www.youtube.com/watch?v=U4s4mEQ5VqU">https://www.youtube.com/watch?v=U4s4mEQ5VqU</a>
	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	<a href="https://www.youtube.com/watch?v=yncmjpw1_9g">https://www.youtube.com/watch?v=yncmjpw1_9g</a>
	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	
5	LOWER BODY				
Circuit training (no break)	Glute bridge	Lie on your back with the soles of your feet on the floor and your arms out to the side. Tilt your pelvis backward. Activate the lower part of your abdominal muscles, pull your navel inward and "flatten" your abdomen. Raise your pelvis from the floor until you lie on your shoulder blades only. Lower and raise slowly. Alternative : Single leg glute bridge.	Hips extensors, transverse abdomen and deep lumbar part	20-50 reps	<a href="https://www.youtube.com/watch?v=0KEhga2e2r4">https://www.youtube.com/watch?v=0KEhga2e2r4</a> <a href="https://www.youtube.com/watch?v=5kpY2SfTKYY">https://www.youtube.com/watch?v=5kpY2SfTKYY</a>
	Squat	Stand with your feet shoulder-width apart and arms straight in front of you. Bend your knees 90 degrees and push back up. Keep your back straight and look straight ahead during the entire movement.	Hip extensors, thigh, knee and knee extensors	20-50 reps	<a href="https://www.youtube.com/watch?v=aciHkVaku9U">https://www.youtube.com/watch?v=aciHkVaku9U</a>
	Lunge	Stand with your legs gathered and place your hands on your side. Lift one leg and take a step forward. When your leg touches the floor, slow down the movement until your body is in deep position. Keep your upper body straight. Press back and take a new step forward. Keeping control of your knees and maintaining a neutral back is important throughout the entire movement. Your knee joint should make a 90 degree angle when you bend your front leg.	Hip extensors, thigh, knee extensors	20-50 reps	<a href="https://www.youtube.com/watch?v=QOVaHwm-Q6U">https://www.youtube.com/watch?v=QOVaHwm-Q6U</a>
	Glute kickback	Stand on all four on a mat. Keep your knee straight while kicking the leg backwards and up. Feel how you are using the musculature in your buttocks. Then slowly lower the leg again.	Hip extensors, hamstrings, glutes	20-50 reps	<a href="https://www.youtube.com/watch?v=BNDw4ciQoQI">https://www.youtube.com/watch?v=BNDw4ciQoQI</a>
	Calf raise	Stand on the edge of a step. The stairs or a bench may be used as well. Let your heels hang free, feet about hip-width apart. Raise your heels and push up until you are on your toes. Return to the starting position and repeat. The exercise can be done with or without support.	Plantar flexors, ankle stabilizing muscles	30 reps	<a href="https://www.youtube.com/watch?v=fQiMiUHwubw">https://www.youtube.com/watch?v=fQiMiUHwubw</a>
6	RUBBER-BAND (see exercises on platform)				
See platform					
7	LOWER BODY				
Circuit training (no break)	Backward lunge jump	Stand with your legs together and your arms by your side. Raise one of your legs and take a long step back, with your weight on your back leg. When your leg touches the ground, reduce the movement until the thigh is parallel to the ground. Then push up to return to the start position. Lift to your knee to your elbow.	Hip extensors, thigh, knee extensors	20-50 reps	<a href="https://www.youtube.com/watch?v=MvetHd_xaeg">https://www.youtube.com/watch?v=MvetHd_xaeg</a>
	Single leg squat	Stand on the floor with a hip-width distance between your legs. Knees and toes are pointing forward. Lift up one leg. Do the squat with one leg, and return using both legs.	Knee extensors, hip extensors	5-10 repetitions each side	<a href="https://www.youtube.com/watch?v=9_Ca2YRRdIE">https://www.youtube.com/watch?v=9_Ca2YRRdIE</a>
	Side lunge	Full foot on the slider (a piece of clothing for instance), hips wide and parallel. Slide with one leg out to the side and make sure to keep the pressure on the slider with the inside of the foot. Bend your standing leg and keep the other leg as straight as possible. Keep your knee on standing leg behind toes. Come back in the starting position.	Hip adductor, abductor, extensors and knee extensors	15-50 repetitions each side	<a href="https://www.youtube.com/watch?v=rvgL_VxYqEvo">https://www.youtube.com/watch?v=rvgL_VxYqEvo</a>

	<b>Straight leg donkey kick</b>	Straighten your right leg behind you, with your toe resting lightly on the ground. Keeping your right leg straight, squeeze your glutes to lift your leg up until it is parallel with the ground.	Glutes, core	20-50 repetitions each side	<a href="https://www.youtube.com/watch?v=xDf1NLBlwaE">https://www.youtube.com/watch?v=xDf1NLBlwaE</a>
	<b>Single leg side plank</b>	Place yourself in a side plank position. Lift the lower leg and hooooooooold!	Adductor, core	1-2 min.	
<b>8</b>	<b>STRETCHING (see platform)</b>				
<b>See platform</b>					