

FUNBALL

Balance exercises

a. Single leg stance

- 2x 30 seconds (on each leg)
- 2x 30 seconds (on each leg)
- 2x 30 seconds (on each leg)
- 2x 30 seconds (on each leg)
- 2x 30 seconds (on each leg)
- 2x 30 seconds (on each leg)

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b. Y-Balance exercise

- 3x 6 repetitions (on each leg)
- 3x 6 repetitions (on each leg)
- 3x 6 repetitions (on each leg)
- 3x 8 repetitions (on each leg)
- 3x 8 repetitions (on each leg)
- 3x 8 repetitions (on each leg)

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Core stability

a. Plank and Side plank

- 2x 20 seconds (on each plank position)
- 2x 20 seconds
- 2x 30 seconds
- 2x 30 seconds
- 2x 40 seconds
- 2x 40 seconds

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b. Straight arm plank

- 2x 8 repetitions
- 2x 8 repetitions
- 2x 10 repetitions
- 2x 10 repetitions
- 2x 12 repetitions
- 2x 12 repetitions

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Hamstring eccentrics

a. Nordic hamstring

- 1x 3-5 repetitions
- 1x 6-8 repetitions
- 1x 8-10 repetitions
- 2x 6-8 repetitions
- 2x 8-10 repetitions

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b. Hamstring walk-out

- 2x 30 seconds
- 2x 30 seconds
- 2x 30 seconds
- 3x 30 seconds
- 3x 30 seconds

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Glute activation

a. Head, Shoulder, Hip, Knee,...

- 2x 6 repetitions
- 2x 6 repetitions
- 2x 8 repetitions
- 2x 8 repetitions
- 2x 10 repetitions
- 2x 10 repetitions

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b. Squat Lunges

- 2x 8 repetitions (4 on each leg, random order)
- 2x 10 repetitions
- 2x 12 repetitions
- 3x 9 repetitions
- 3x 10 repetitions
- 3x 12 repetitions

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Plyometric exercises

a. Forward jumps

- 4x 3 jumps
- 2x 3 jumps (on each leg)
- 2x 3 jumps (on each leg)
- 2x 3 jumps (on each leg)
- 2x 3 jumps (on each leg)

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b. Skater jumps

- 4 repetitions
- 4 repetitions (2 on each leg)
- 4 repetitions (2 on each leg)
- 4 repetitions (2 on each leg)
- 4 repetitions (2 on each leg)

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Running/sprinting exercises

a. Diagonal

- 3 repetitions per pair
- 3 repetitions per pair
- 3 repetitions per pair
- 3 repetitions per pair
- 3 repetitions per pair
- 3 repetitions per pair

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b. Forward-Backward

- 3 repetitions per pair
- 3 repetitions per pair
- 3 repetitions per pair
- 3 repetitions per pair
- 3 repetitions per pair

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Games

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