

3 Bicycle ergometer

Exercise variables

Intensity	Slow to moderate speed
Duration	10 - 20 minutes
Rest	No stopping
Exercise units	3 - 4 times per week if possible

Endurance

General information



10 to 20 minutes moderate cycling without pause, 75 to 100 watts

4 Walking

Exercise variables

Intensity

Slow to moderate speed

Duration

10 - 20 minutes

Rest

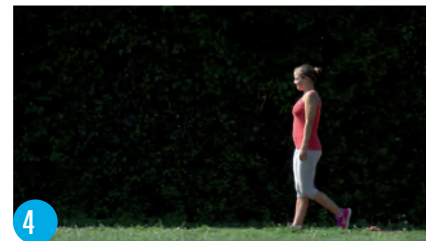
No stopping

Exercise units

3 - 4 times per week if possible

Endurance

General information



10 to 20 minutes of moderate to fast walking.

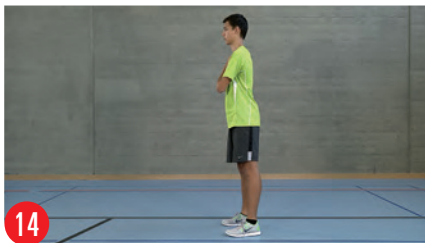
14 Squats

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

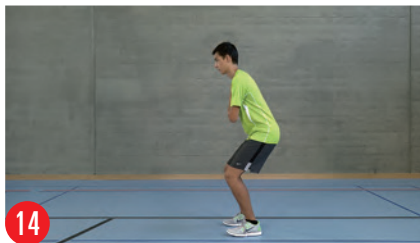
Strength

Starting position



Stand upright. Feet apart at hip width, back upright, arms crossed in front of the chest.

Description of movement



Bend knees until they reach 90°. Shift weight to the heels.

Finishing position



Stretch legs up slowly. Continuous movement.

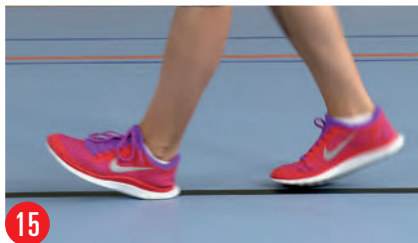
15 Foot marathon

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

Strength

General information



Repetitions



Walk with different styles:

- On the outside of the foot. Pull inner side up.
- On the inside of the foot. Pull outer side up.
- On the heels. Pull toes up.
- On the toes. Pull heels up.

Distance: 5 metres

For each style: 2 times 5 metres, two sets each.

Total time of this exercise: 4 minutes

16 Telemark

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

Strength

Starting position



Take a long step forward. Front foot flat on the floor with knee slightly bent, back foot resting on the toes with leg almost stretched out, arms hanging down.

Description of movement



Bend front and back knee until the back knee almost touches the ground. Upper body should remain upright.

Finishing position



Rise slowly. Front knee should never be completely stretched. Continuous movement.

17 Leg raises - Standing

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

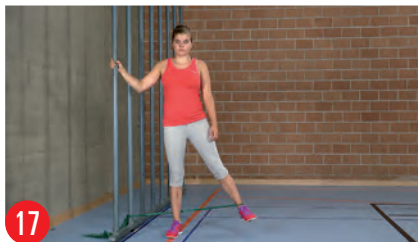
Strength

Starting position



Stand sideways with weight on the leg close to the wall. Attach rubber band above the ankle of the other leg and connect it to the wall bars or the pole. Back upright, hold on to the wall bar/pole.

Description of movement



Spread the leg outwards only as far as the hips can remain level. Keep leg straight.

Finishing position



Move leg back slowly. Continuous movement. Change to the other side.

18 Sideways leg raises - Lying

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

Strength

Starting position



Lie sideways on a mat. Lower leg slightly bent. Attach rubber band around both ankles.

Description of movement



Raise upper leg slightly but only as high that the hip can remain straight. Keep leg straight.

Finishing position



Lower the upper leg back down. Change to the other side

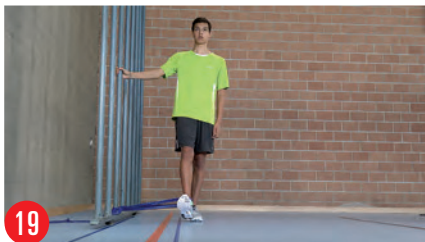
19 Standing Leg pull

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

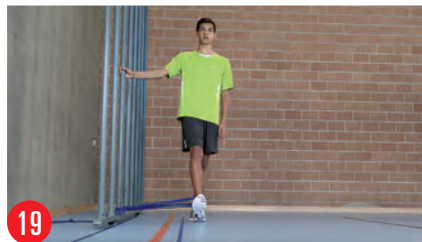
Strength

Starting position



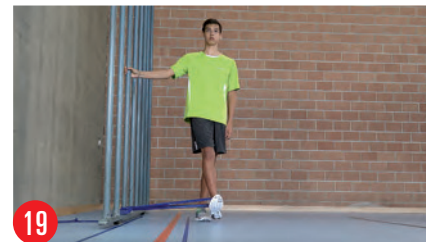
Stand sideways with weight on the leg away from the wall. Attach rubber band above the ankle of the other leg and connect it to the wall bar or the pole. Back upright, hold on to the wall bar/pole.

Description of movement



Move leg in front of the standing leg but only as far that the hip remains level.

Finishing position



Move leg slowly back again. Continuous movement. Change to the other side.

20 Cross - leg raises - Lying

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

Strength

Starting position



Lie sideways on a mat. Place upper leg in front of the lower leg, bent knee. Attach rubber band around both legs.

Description of movement



Raise lower leg slightly behind the front leg. Keep leg straight.

Finishing position



Lower leg back slowly without completely touching the mat. Continuous movement. Change to the other side.

21 Hip raises - easy

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

Strength

Starting position



Lie on the back. Arms parallel to the body.

Description of movement



Raise hips until there is a straight line from the knees to the shoulders.

Finishing position



Lower the hips without touching the mat. Continuous movement.

22 Hip raises - intensive

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

Strength

Starting position



Lie on the back. One leg bent, the other leg stretched out, arms parallel to the body.

Description of movement



Raise hips until there is a straight line through the raised leg to the shoulders.

Finishing position



Lower the hips without touching the mat. Continuous movement. Change to the other side.

24 Single leg heel raises

Quantitative criteria

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

Strength

Starting position



Stand on the edge of a box on the front part of one foot. Heel in the air, the other leg out in front. Keep your balance holding on to the wall, a bar or a pole.

Description of movement



Lower the heel until there is only a little weight on the rest of the foot.

Finishing position



Slowly raise the heel as high as possible. Continuous movement.

37 Hamstring stretch

Stretching

Quantitative criteria

Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Starting position



Sit on a bench. One leg stretched out in front, the other leg on the floor next to the bench.

Description of movement



Bend forward and hold the foot with both hands. Trunk bends as well. Hold this position.

Finishing position



Slowly sit up straight and change the leg.

38 Wade Calf Stretch

Quantitative criteria

Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Starting position



Stand in front of the wall. Lean hands lightly on the wall, knee of the front leg slightly bent, other leg stretched backwards. Feet pointing forward.

Description of movement



Push rear knee backwards until a light stretching can be felt in the calf and the knee. Press heel to the ground. Hold this position.

Finishing position



Slowly leave this position and change to the other leg.

39 Side lunge

Stretching

Quantitative criteria

Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Starting position



Stand with legs apart. Back straight.

Description of movement



Move the centre of gravity to one side by bending one knee. The other leg remains stretched. Bend knee until a slight stretching can be felt in the other leg. Hold this position.

Finishing position



Slowly return to the starting position and change to the other side.

40 Front lunge

Stretching

Quantitative criteria

Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Starting position



Kneel on a mat. Back upright, hands by the side. Place one leg forward slightly bent. Stretch the other leg and place shin and foot on the mat.

Description of movement



Move the pelvis forward until a light stretching can be felt on the front of the thigh. Hold this position.

Finishing position



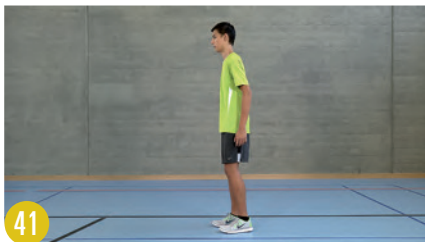
Slowly return to the starting position. Change to the other side.

41 Thigh stretch

Quantitative criteria

Repetitions	15 Seconds
Movement rhythm	Continuous stretching
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Starting position



Stand on one leg. Body upright.

Description of movement



Hold the other leg just below the ankle and pull it towards the bottom. Keep body upright, tilt the pelvis until a light stretching can be felt in the front of the thigh of the bent leg.

Finishing position



Slowly release the bent leg and change to the other side.

45 Bouncing two different balls

Quantitative criteria

Repetitions	30 or until ball is lost
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Sit on a box. Feet on the floor.

Description of movement



Bounce one ball on the right side, the other on the left side.

Finishing position



Continuous movement.

46 Balancing on one leg

Quantitative criteria

Repetitions	Until balance is lost, maximum 30 seconds.
Movement rhythm	Static
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Stand on one leg on the mat. Back straight, arms hanging down.

Description of movement



Raise the other leg forward horizontally, slightly bent. Remain standing in a stable position as long as possible.

Finishing position



Slowly return to the starting position. Change to the other side.

47 T- Balance

Quantitative criteria

Repetitions	Until balance is lost, maximum 30 seconds.
Movement rhythm	Static
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Stand on one leg on the floor. Arms hanging down, the other leg raised forward horizontally and slightly bent.

Description of movement



Slowly swing the leg to the back and stretch it out. At the same time bend the trunk forward and stretch the arms sideways.

Finishing position



Slowly return to the starting position. Change to the other side.

48 Dreaming policeman (easy)

Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

Starting position



Stand on the heels. Arms hanging down, back straight.

Description of movement



Rock from the heels to the toes.

Finishing position



Move back to the heels again and repeat continuously.

49 Dreaming policeman (medium)

Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

Starting position



Stand on the heel of one foot and on the toes of the other.

Description of movement



Rock from the heel to the toes of one foot. At the same time rock from the toes to the heel of the other foot.

Finishing position



Continuous movement.

50 Dreaming policeman (difficult)

Quantitative criteria

Repetitions	30
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	30 seconds
Total exercise time	5 minutes
Exercise units	Daily if possible

Coordination

Starting position



Walking position. Front leg on the heel, rear leg on the toes, arms in reverse to the legs.

Description of movement



Make a 180° turn, at the same time one foot changes from the heel to the toes and the other from the toes to the heel. Arms change position as well.

Finishing position



Continuous movement.

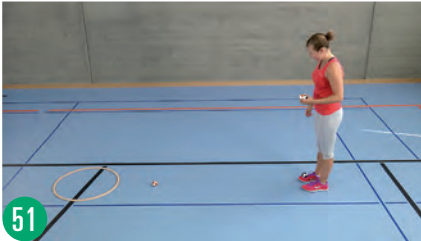
51 Target throw

Quantitative criteria

Repetitions	10 - 20
Movement rhythm	Continuous movement
Sets	3 - 5
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

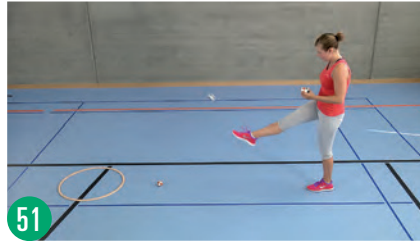
Coordination

Starting position



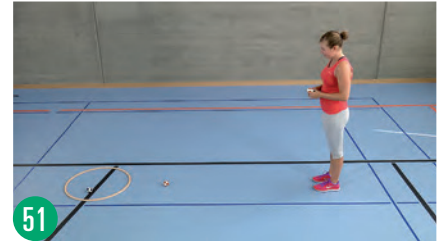
Stand on the floor.

Description of movement



Place Hacky Sack on one foot and try to flip it into the hoop.

Finishing position



Several repetitions. Change to other side.