

Feriealternativ 1:

Eksplisiv styrke strekkapparatet i beina

Oppvarming:

1. Generell oppvarming: 10 min rolig løping

2. Dynamiske mobilitetsøvelser:

- Knebøy x 10 (<https://www.youtube.com/watch?v=X8DnpBI7Hwk>)
- Utfall bak x 10 (https://www.youtube.com/watch?v=OX0fKkaY6_c)
- Utfall sideveis x 10 (<https://www.youtube.com/watch?v=vplRmpw5Jcg>)
- Squat to stand with reach x 6 (<https://www.youtube.com/watch?v=XsTkT9fsdI0>)
- Couch stretch 3 x 10 sek hold per side (https://www.youtube.com/watch?v=g_u50qtayk)
- Worlds greatest stretch x 8 (<https://www.youtube.com/watch?v=OvObOV0WrKw>)
- Tøyning ankel x 10 per fot (<https://www.youtube.com/watch?v=azDqyxS2b3I>)

3. Eksplisiv styrke kroppsvekt: 45 sek pause mellom sett og øvelser:

| | Øvelse | Reps og sett | Videolink |
|---|---|--------------------|---|
| 1 | Step ups med kneløft på box, stol, mur, trapp etc.) | 2 x 10 per side | https://www.youtube.com/watch?v=dQqApCGd5Ss |
| 2 | Eksplisive step ups | 2 x 12 | https://www.youtube.com/watch?v=dvggf9hPwtM (0.40 sek) |
| 3 | Jump squats | 2 x 6 | https://www.youtube.com/watch?v=FYJbbwG_i8U (0.25 sek) |
| 4 | Jump lunges | 2 x 10 | https://www.youtube.com/watch?v=FYJbbwG_i8U (0.55 sek) |
| 5 | Lateral bounds | 2 x 10 | https://www.youtube.com/watch?v=FYJbbwG_i8U (1.30 sek) |
| 6 | A-skips | 2 x 20 | https://www.youtube.com/watch?v=FYJbbwG_i8U (2.05 sek) |
| 7 | Snowboard hops | 2 x 10 | https://www.youtube.com/watch?v=dvggf9hPwtM (1.45 sek) |
| 8 | Reverse lunge knee drive | 2 x 6 rep per side | https://www.youtube.com/watch?v=FYJbbwG_i8U (2.32 sek) |
| 9 | Tuck jumps | 2 x 10 rep | https://www.youtube.com/watch?v=FYJbbwG_i8U (3.10 sek) |

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| 10 | Kneeling jumps | 2 x 5 | https://www.youtube.com/watch?v=FYJbbwG_i8U (4.37 sek) |
| 11 | Hand clap push ups | 2 x AMRAP | https://www.youtube.com/watch?v=dvggf9hPwtM (2.22 sek) |
| 12 | X-hops | 2 x 30 per fot | https://www.youtube.com/watch?v=dvggf9hPwtM (2.30 sek) |
| 13 | Plank skiers | 2 x 20 | https://www.youtube.com/watch?v=dvggf9hPwtM (2.50 sek) |
| 14 | Calf jumps | 1 x 30 | https://www.youtube.com/watch?v=FYJbbwG_i8U (5.33 sek) |
| 15 | Burpees | 1 x 12 | https://www.youtube.com/watch?v=dvggf9hPwtM (2.03 sek) |