

# Styrke – skadeforebyggende, kjerne og stabilitet

**Oppvarming:** Rolig løpetur på 20-30 min. Lett dynamisk tøying.

	Øvelse	Repetisjoner og sett	Videolink
1	Knebøy	2 x 20	
2	Utfall bak	2 x 15-20 per side	<a href="https://www.youtube.com/watch?v=Ubu3uwdPns8">https://www.youtube.com/watch?v=Ubu3uwdPns8</a>
3	Push ups	AMRAP	
4	Ett beins hoftehev	2 x 15-25 per side	<a href="https://www.youtube.com/watch?v=yFNjwkUNlao">https://www.youtube.com/watch?v=yFNjwkUNlao</a>
5	Nordic hamstring	2 x 6	<a href="https://www.youtube.com/watch?v=WuGdlsG3FmM">https://www.youtube.com/watch?v=WuGdlsG3FmM</a>
6	Nordic quadriceps	2 x 12-15	<a href="https://www.youtube.com/watch?v=hmf6Va8p294">https://www.youtube.com/watch?v=hmf6Va8p294</a>
7	København adductor	2 x 10 per side	<a href="https://www.youtube.com/watch?v=_ogKDmzKZOM">https://www.youtube.com/watch?v=_ogKDmzKZOM</a>
8	Shouldertaps	2 x 40-50	<a href="https://www.youtube.com/watch?v=IU2C7NO-F-k">https://www.youtube.com/watch?v=IU2C7NO-F-k</a>
9	Sideplanke med beinhev	2 x 12-15	<a href="https://www.youtube.com/watch?v=kGIW5KHjxw">https://www.youtube.com/watch?v=kGIW5KHjxw</a>
10	Frontplanke med beinhev	2 x 20	<a href="https://www.youtube.com/watch?v=whRaAg0tYC8">https://www.youtube.com/watch?v=whRaAg0tYC8</a>
11	Diagonalhev	2 x 3 rep per side (1 rep = 10 sek hold)	<a href="https://www.youtube.com/watch?v=UzkFFj0eV9g">https://www.youtube.com/watch?v=UzkFFj0eV9g</a>
12	Ett beins stående tåhev (strakt kne)	2 x 15-20 per fot	<a href="https://www.youtube.com/watch?v=dacEig76v7M">https://www.youtube.com/watch?v=dacEig76v7M</a>
13	Tåhev «sittende» (bøyd kne)	2 x 20-30	<a href="https://www.youtube.com/watch?v=dacEig76v7M">https://www.youtube.com/watch?v=dacEig76v7M</a>