


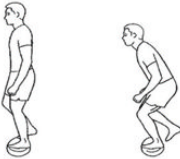
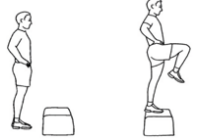



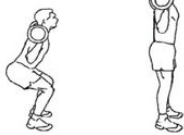
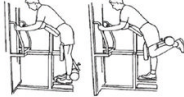


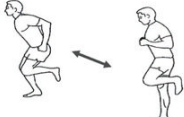


## APPENDIX A

Exercise	Description	Sets by Number of Repetitions	Figures
Stationary cycle	Continuous warm-up at your preferred resistance	10 min	
Treadmill	Continuous warm-up at your preferred speed	10 min	
Elliptical trainer	Continuous warm-up at your preferred resistance	10 min	
Single-limb squat	Maintain knee-over-toe position	3 × 8	
Step-up	Maintain knee-over-toe position	2 × 10	
Squat on BOSU	Maintain knee alignment and core stability. Squat quickly down and up	2 × 20	
Single-limb leg press	Start in 90° knee flexion	3 × 6 (+2)	
Single-limb knee extension	Start in 90° knee flexion	4 × 6 (+2)	

Exercise	Description	Sets by Number of Repetitions	Figures
Squats	Squat slowly down to 90° knee flexion, stop, lift quickly up again	3 × 8 (+2)	
Leg curl	Lift quickly up, stop, and then slowly down to full extension	3 × 8 (+2)	
Hamstring on Fitball	One foot on top of the ball, lift back and pelvis up, pull ball towards you	3 × 6	
Single-leg hop	Hop up on step, stop, continue down and directly 1 hop forward with a soft controlled landing	1 × 15	
Sideways single-leg hop	Start on 1 side of a board. Hop quickly sideways and stop after 3 hops. Continue and stop 5 times	3 × 15	
Skating	Start on 1 leg, hop sideways, perform a soft, deep and steady landing on 1 leg, hop back to the other side	2 × 20	