Sport challenge
4-week agenda-overview of the exercises

week 1

Monday

Sumo-Squats

✓ Start in following position: place the feet in shoulder-width position, the tips of the feet pointing diagonally outwards
✓ The body weight is on the heels
✓ Keep body tension during the exercise and make sure your back is straight
✓ Lower the hips backwards by bending the knees until you are sitting in a deep squat position
✓ Fold the hands in front of the chest
✓ Make sure that the hips and knees are always parallel and that the kneecaps do not protrude above the tips of the toes
✓ Return to the starting position and repeat the exercise

Muscle groups: inner thigh muscles, adductors, glutes
Lunges

✓ Stand upright, hip-width apart, facing forward
✓ Both toes point forward, upper body is upright throughout the exercise
✓ Place your left foot forward, your right foot remains standing (front thigh parallel to the floor)
✓ Now move downwards. Stop with your knees just in front of the mat to keep tension in your muscles
✓ The length of your lunge should be such that your shin is approximately perpendicular to the floor in the lowest position
✓ Be sure to maintain a 90-degree angle, otherwise it can cause overuse of the knee

Muscle groups: thigh muscles, glutes
Wall sit

- Lean with your back against a wall
- Keep your feet hip-width apart and turn them slightly outward
- Slide down until your lower and upper legs form a right angle
- Your arms hang beside your body
- Hold this position and breathe calmly

**Muscle groups:** Glutes, quadriceps