




THE HOLMICH PROTOCOL

MODULE 1: FIRST TWO WEEKS

NO.	EXERCISE DESCRIPTION AND PRESCRIPTION	EXAMPLE
1.	<p>Static adduction against ball (Knees extended)</p> <p><i>30 seconds, 10 repetitions</i></p>	
2.	<p>Static adduction against ball (Knees bent)</p> <p><i>30 seconds, 10 repetitions</i></p>	
3.	<p>Abdominal sit ups (straight and oblique directions)</p> <p><i>5 sets, 10 repetitions</i></p>	



4.

Combined abdominal sit-up and hip flexion with
ball between knees

5 sets, 10 repetitions



5.



Balance training




5 minutes



MODULE 2: FROM THIRD WEEK, TO BE PERFORMED TWICE EACH SESSION

NO.	EXERCISE DESCRIPTION AND PRESCRIPTION	EXAMPLE
1.	<p>Leg abduction and adduction in side lying</p> <p><i>5 sets, 10 repetitions</i></p>	
2.	<p>Low back extension</p> <p><i>5 sets, 10 repetitions</i></p>	

<p>3.</p>	<p>Single leg standing cable abduction and adduction</p> <p><i>5 sets, 10 repetitions each leg</i></p>	
<p>4.</p>	<p>Abdominal sit ups (straight and oblique directions)</p> <p><i>5 sets, 10 repetitions</i></p>	

		
5.	<p>Single leg cross country skiing exercise</p> <p><i>5 sets, 10 repetitions each leg</i></p>	
6.	<p>Lateral sliders</p> <p><i>5 minutes</i></p>	

7.


Balance training

5 minutes



THE COPENHAGEN ADDUCTION EXERCISE

EXERCISES TAILORED FOR RELEVANT AGE GROUPS AND LEVEL OF PLAY:

CATEGORY	EXERCISE
<p>Basic level</p> <p><i>For recreational athletes</i></p>	
<p>Intermediate level</p>	
<p>Advanced level</p> <p><i>For competitive athletes</i></p>	