

LAKEVILLE NORDIC SKI

PLYOMETRICS ROUTINE

Important Rules for Plyometrics Routine:

It is very important to pay close attention to balance and careful, deliberate movement throughout these activities. *Do not* compromise form for “doing more” or counting the numbers. Skiing is a balance, strength and aerobic fitness sport, you must work on the balance and strength for these activities as much as possible during plyos!!

- 1 Leg balance squat, alternate L/R. leg. 5 per leg, goal: 15
- Straddle lunges, 10 per leg, goal: 20
- Leaping lunges start with 10, goal: 30 quick up, slow down.
- Face-bashers (with Partner) 1 min. Alternate 2 sets each.
- Burpies start with 10, goal: 30.
- Ab throw-downs (with Partner) 1 min. Alternate 2 sets each.
- Wall Sits (Both Legs, Single Leg) start with 1.5 min, goal: 3 min. Lift Toes off the ground for last 30 sec.
- Push-ups start with 20, goal: 50

OTHER

Tucks

Tuck Jumps (Front, Back, Side to side)

Skate Hops, side to side, 30 goal: 50