

Off Ice Plyometrics

Warm up – 4 minutes

1. Jog in place with high knees for 1 minute
2. Jog in place with high kick for 1 minute
3. Military jumping jacks - 20
4. Toy soldier 1 minute

Work out Cycle: Advance to 3 cycles (8 to 24 minutes)

1. Squat jacks 1 minute
2. 180 degree jump squats 1 minute
3. Rest 30 seconds
4. Frog-jump squats 4 forward and 4 backwards X 5 sets
5. Lateral squats 2 each side x 5 sets
6. Rest 30 seconds
7. Lateral skating jumps 10 each side
8. Airborne Heisman – 4 forward, 4 backward x 5 sets
9. Rest 30 seconds and repeat as tolerated

Cool down - 6 minutes

1. Kicks and hugs
2. Hamstring rock
3. Swing kicks
4. Quads
5. Calves
6. Hips/groin