

Dynamic Warm-up For Winter Fitness

These drills develop balance, coordination, quickness, and are suitable for the peak phase of training. Many of them are high-intensity exercises and will also help aerobic and anaerobic endurance. Several also develop strength.

Karate Kid - balance

This is simply a variation on the stork stand or one-legged balance stand except that the child assumes the position of the Karate Kid. Balance for ten seconds, and gradually increase the time. Perform exercise on both legs. To add difficulty and increase strength, try performing balance squats. Start with seven to ten seconds on each leg.

Heel Toe Rollers - balance

This exercise increases sensitivity and strength in the lower leg muscles (calf muscles are extremely important for maintaining balance). Slowly roll from heels over arch and up onto toes and then back over arch and onto heels again. Be sure to keep body aligned and do not stick out buttocks! Continue the drill for 30 to 60 seconds. Do two sets.

Backward Run - agility and strength

Run backwards from start to finish. Concentrate on staying low and pumping shoulders and arms. If possible, try to find a hill for this one. Backpedal up and walk back to start. Repeat four to six times.

Cariocas (or grapevine) - agility, quickness and coordination

Run sideways, crossing left leg in front of right, right in front of left, and so on. Continue the drill for thirty to sixty seconds. Do one to two sets.

Skier's Jumps - leg strength and power; balance and agility

Jump laterally from right to left and left to right. Make the motion as smooth as possible and keep upper body movement to a minimum. Lay hoops or lines on the floor or use a pillow to jump over. Continue drill for twenty to thirty seconds and do one to two sets. For variation, jump in a high position, a low position or on one leg only.

Lateral Leaps - leg strength and power; balance, agility, weight transfer

Place two hoops on the floor, or two tape markers, and hop back and forth from one hoop to the other by springing from one foot to the other. Stay balanced over arch of foot and keep torso or upper body quiet.



Tuck Jumps - leg strength and power; balance

Flex legs and explode upward and try to touch knees to chest. You can do this drill in one place or you can lay four or five hoops on the floor and tuck from hoop to hoop. Try to minimize landing time. Do six or seven consecutive jumps. Rest completely and then do another set.

Downhill Skier

Jump side to side with both feet together. Lift alternate arms to the side.

Jumping Jacks

Stand erect with arms at sides. Jump up, landing with feet apart and arms extended overhead. Return to starting position.

Knee Touch

Alternate lifting the knees, touching both hands to the knee at the same time.

Lunge

Stand with the feet together. Step to the right landing with the right foot extended forward and bend right knee at a 90 degree angle. The left foot is back with knee bent slightly off of the ground. Return to the starting position, then step immediately to the left, landing with the left foot extended forward and the right foot back. Extend arms overhead with each lunge.

Stride Jump

Stand with one foot in front of the other. Jump up and switch feet, landing with the other foot in front.

Leg Kicks

Alternating between legs, hop on one foot while kicking the other out in front.

Ball Push-ups

Support the body on hands and toes or knees with a foam ball positioned under the chest. Slowly lower the body onto the ball, pressing it down. Push up with arms and return to starting position.

Elevated Push-ups

Support the body on hands and toes or knees with hands positioned on a chair/step/wall. Slowly lower the body towards the chair/step/wall and then push up with arms and return to starting position.

Bear Walk

Supporting the body on hands and feet, walk forward.

Crab Push-ups

With stomach facing the ceiling, support the body on hands and feet, with knees bent and arms straight. Fingertips should face rear end. Bend the elbows and lower the buttocks to the floor. Straighten the arms and return to starting position.

Line Walk

With fingertips next to the line, support the body on hands and feet with legs extended back-plank position. Place the right hand over the line, and then the left hand. Return the right hand, then the left.

Seal Walk

Support the body on both hands with the legs on the floor and the arms straight. Walk forward on the hands, dragging the legs.



LEARN! **EXPLORE!**
MOVE!