

HURDLE WORKOUT ROUTINE #1

BENEFITS:

- Improves overall ankle mobility and balance which translates into better edge work out on the ice
- Reduces injury risk in foot, knee, and hip during hockey and dryland drills
- Increases first step quickness, speed, and agility

HURDLE WORKOUT ROUTINE #1:

A: Lateral high knees x 6/direction

B: Lateral double leg hops x 6/direction

C: Jump quarter turn x 6/direction

D: Lateral In-And-Outs x 6/direction

E: Forward jump and stick x 6/direction

WHAT YOU NEED TO KNOW:

- This routine is ideally performed on speed, agility, or conditioning days
- "6 per direction" means you need to perform six reps of the variation both there and back
- Perform each exercise with excellent technique
- For the first few weeks it is ok to go super slow as you improve your technique and coordination
- Take 60 seconds rest in between exercises, and no rest in between the reps performed in the exercise