

HURDLE WORKOUT ROUTINE #2

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 #2:

- A:** Stairway two step weave x 6/direction
- B:** Stairway weave hops x 6/direction
- C:** Stairway jump with quarter turns x 6/direction
- D:** Single leg S-pattern with right leg x 6
- E:** Single leg S-pattern with left leg x 6

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