

TRAINING AT HOME ESSENTIALS

Don't forget to include these types of exercises in your at home training.

Click on Each Image to See It In Action

UNILATERAL EXERCISES



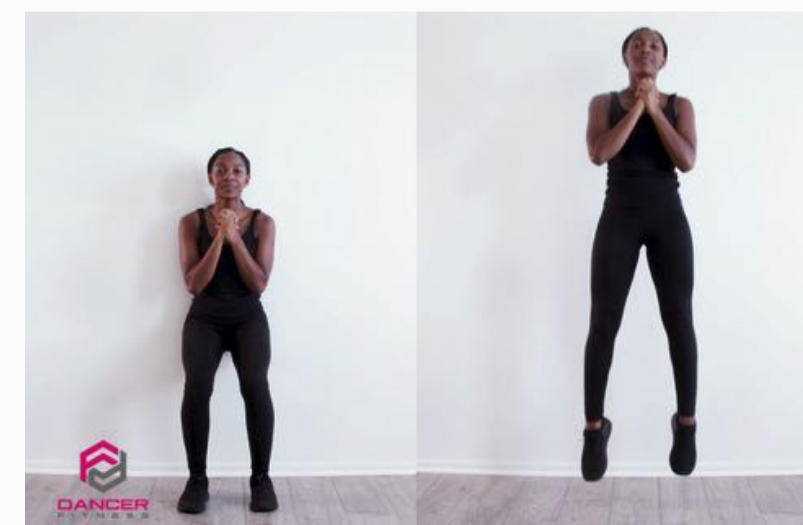
BENEFITS:

- Strengthen weak side
- Better balance of muscles and strength
- More consistent skills on both sides

AT HOME CHALLENGE:

- When lunging put your back foot on your stairs.
- Do 10 - 20 Repetitions per side. 3 times through

GLUTE EXERCISES



BENEFITS:

- Increased jump height and power
- Keeps hips and knees injury free
- More stability when landing jumps and leaps
- Better extension

AT HOME CHALLENGE:

- Wear a backpack full of books to add weight when squatting
- Do 15 - 30 Repetitions 3 times through

CORE EXERCISES



BENEFITS:

- Strengthen back and abs
- Consistent turns and longer lines
- Creates a compact trunk for stability and power

AT HOME CHALLENGE:

- Remember to keep your belly pulled in and ribcage down
- Avoid exercises that crunch and twist
- Do 30 to 60 seconds of each core exercise. 3 times through

ANKLE EXERCISES



BENEFITS:

- Decrease hopping in turns
- Come to relevé with control
- Take off and land jumps with power and stability

AT HOME CHALLENGE:

- Use stairs for your back leg in partner exercises
- Do 10 - 20 Repetitions 3 times through