

# Get A Jump On 2010

## Fitness tips to help take you to new levels on the water in 2010

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Photography by Karen Truelove

It is that time of year when we migrate away from the water and start to look for ways to prepare ourselves for next season. Obviously anything you can do to keep you moving in the off-season will be beneficial, but the time you spend in the gym can be the most productive if you cater the workouts to our specific sport.

For many years we just went to the gym and lifted as much weight as possible to get as strong as possible. Then we started hearing about "periodization," where you started the off-season with lighter workouts, and then steadily increased your weight with lower reps as you got closer to tournament time, before finishing up with plyometrics right before the event. For my personal training, I feel plyometrics are a key part of my workouts, so I do a small amount of them all year long. To keep from getting bored or blown out, I actually do a mix of strength and plyometrics at the same time to build both strength and explosion in the muscles. The following series of exercises is an example of one of the workouts I'll do in the off-season to try to get stronger, and to make sure I keep my quickness.

For this specific exercise group I am less interested in building the muscle mass on the major muscle groups. I am more interested in getting a good stretch and building all of the little muscles that get tapped out when you get out of the major muscles working range. Adding to that the plyometrics part of the exercise, I am working all the muscles and building quickness.

### Dumbbell squats/squat jump combination

An example of this mixture is my dumbbell squats/squat jump combination. To start out the cycle, I do 10 squats with a lighter

weight dumbbell (start with 10s). Go all the way down to a good 90-degree knee bend keeping your back straight and chest up. Make sure not to stop at the top and rest; you want to keep moving the whole time. As soon as you are finished, set the weights to the side and then do eight squat jumps. Start out on good flat feet and then explode up off your toes as high as you can into the air. When you land, try to land soft on the balls of your feet and control the eccentric motion down, being sure to go all the way back to a flat foot and then exploding up



again. With many plyometrics, you want to do the jumps as fast as you can. This is *not* one of those exercises. It is more important to take your time and be in control, but you do need to keep moving the whole time... no rest between jumps. Once you are done, perform another set of 10 squats and eight more squat jumps.

### Lunges

Next, do some lunges/scissor jumps. Again with the lighter weight, you want to start with your feet together and the weights at your side. Step forward with your right foot and allow your left knee to go down almost to the floor. Be careful not to bang your knee on the floor. Then, using



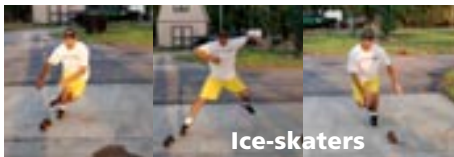
your right leg, push back up to the starting position. Repeat the motion with the left leg making the step. Do eight on each leg. As soon as you are done, set the weights to the side and get down into the lunge position with your right leg out in front. From here, jump up as high as you can and switch legs while in the air and land softly with your left leg out in front. Again be careful to control your landing so you don't bang your knee on the floor. Do a total of eight jumps (four with each leg out in front). Repeat each of these exercises for a second set.

### Side Lunges

Next, do side lunges and ice-skaters. Start with your feet together and the weights down at your side. Take your



right leg and step sideways to the right being sure to keep your toes pointing forward. Put a dumbbell on each side of your right leg and while keeping your left leg straight, bend your right knee and allow yourself to lower over that right leg. Then, pushing off your right leg, come back to the starting position. Now repeat the motion to the left side. Do eight on each leg. As soon as you are



done, set the weights out of the way and get ready to do ice-skaters. You'll start with your feet together and jump as far to the right as you can. You'll want to keep your head and chest up and not allow yourself to slouch as you land. As you land, you will want to absorb and immediately push hard off of your right leg and jump as far as you can to the left. Repeat this motion back to the right. When you land that is considered a count of one. Do a total of eight ice-skaters. Then repeat one more set of both side lunges and ice-skaters.

### Burpies

The burpie is one of my favorite exercises. If you do this right, you should feel like your head is about to explode



when you are done! Start in a standing position, feet shoulder width apart. Squat down and put your hands on the ground while bouncing your feet backward so you end up in a "push-up" position. From here you will pull your feet back up into your chest and then explode straight up into the air. As you land you will go immediately into the next burpie as fast as you can. Do two sets of 10.

### One-Legged Swiss Ball Push-Up

Next is a one-legged Swiss ball push-up. It is a good idea to have a "spotter" on this exercise that will help stabilize the ball while you're pushing up on it. The point of this exercise is to take the traditional push-up and make it



more difficult by using your entire body, especially your core, to keep you balanced as you work. You want to put your hands shoulder-width apart on the ball and both feet up on a bench. Then raise one leg up into the air and while keeping it up do 10 push-ups. Take a few minutes to rest and do another 10 push-ups with the other leg up in the air.

### Pull Up

The final exercise is one of the best exercises for skiers. It is the simple pull-up, but we want to add a little twist to these. Since we are looking at doing a mix of plyometrics, I want you to explode up fast

and then come down about half as fast as you went up. Keeping in mind that you will be tired because it is the end of your workout, choose a number you are comfortable with to do two sets of pull-ups.

The beautiful thing about gym workouts is that you can cater them to your own personal likes and dislikes. Hopefully, by getting a glimpse of a part of what I think makes my off-season successful, you can add to your own off-season workouts and see your fitness take you to new levels on the water in 2010.

*If you have a topic you would like Freddy to write an article about, please visit his Web site at [thenightmare13.com](http://thenightmare13.com) and send him an e-mail.*

