

Dryland Exercises

Below are dryland exercises coaches can use in training your athletes. While not an exhaustive list, these exercises target strength and flexibility. Coaches can have athletes perform such exercises either by sets and repetition (ex: 3x10) or for time (ex: as many repetitions as possible for 1 minute with 30 seconds rest. Repeat twice.).

LOWER BODY EXERCISES



SQUAT

Stand with feet slightly wider than hip-width, toes facing forward. Driving hips back, bending at knees and ankles with knee slightly open, lower into squat position while keeping heels planted on the ground. The chest should be open with shoulders back. Lower to a 90-degree angle, then straighten legs to return to standing position.



FORWARD LUNGE

Stand with feet hip-width apart and hands by sides or on hips. Take a big step forward with right foot and bend at knee until both knees form 90-degree angles while bringing hands to clasp in front of body. Press down into right heel to push back to starting position. Make sure to complete repetitions on both legs, or alternate.



LATERAL LUNGE

Stand with feet shoulder-width apart, hands on hips or by side. Step to the right and shift body weight over right leg, squatting to a 90-degree angle at right knee, keeping back as upright as possible. Push off and bring right leg back to center. Either complete repetitions all one side or alternate.



STREAMLINE SQUAT JUMPS

Athlete performs a squat (feet hip-width apart with knees aligned over toes). Once athlete has lowered toward the ground, athlete jumps up as high as possible with hands squeezing the ears and hands tight together in streamline position.

UPPER BODY EXERCISES



PUSH UPS: MODIFIED

Begin in a kneeling position on a mat with hands directly below shoulders and knees behind hips, with back flat. Tuck toes under, tighten abdominals, and bend elbows to lower chest toward floor, keeping gaze in front of fingertips. Press chest back up to start position.



PUSH-UPS: REGULAR

In plank position with flat back, position hands shoulder-width apart. Bend elbows and lower toward ground, keeping elbows at 45-degree angle toward body. Keep fingers splayed, with middle fingers pointing toward 12 o'clock. Lower body toward ground with gaze slightly forward, then return to start position with arms fully extended.



PUSH UPS: CHEST

In plank position with a flat back, position hands slightly closer than shoulder-width apart toward chest. Bend elbows and lower toward the ground, keeping elbows at 45-degree angle toward body. Keep fingers splayed, with middle fingers pointing toward 12 o'clock. Lower body toward ground with gaze slightly forward, then return to start position with arms fully extended.



PUSH UPS: WIDE GRIP

This is the same position as the regular pushups, but with hands slightly wider than hip-width distance.



TRICEP DIPS

Position hands shoulder-width apart on fixed object, such as bench or stable chair. With legs extended, straighten arms, keeping slight bend in elbows to keep tension on triceps. Slowly bend elbows to lower toward ground until elbows are at a 90-degree angle. Press down into bench/chair to straighten elbows, returning to the starting position. Bend legs to modify this exercise.

CORE EXERCISES



V UPS

Lie on back with arms extended behind head. Keep feet together and toes pointed. Keep legs straight and lift them off the ground while simultaneously raising upper body off the floor, leading with the chest. Keep core tight while reaching for toes with hands. Slowly lower back down to starting position.



6 INCHES

Lie on back with arms either at the side or underneath the low back. Keeping abs tight, lift feet 6 inches off ground with feet touched together and hold.



FREESTYLE KICKS

Lie on back with arms either at the side or underneath the low back. Keeping abs tight, lift feet 6 inches off ground, alternating feet one at a time in a freestyle kick.



SCISSOR KICKS

Lie on back with arms either at the side or underneath the low back. Keeping abs tight, lift feet 6 inches off ground and cross legs over each other in an alternating the left leg over the right leg, followed by the right leg over left.



FOREARM PLANK

Begin with forearms flat on the floor, making sure that elbows are aligned under shoulders. Tighten the abdominal muscles and raise body off ground, keeping forearms on ground with body in a straight line, making sure not to let hips rise or drop to maintain a flat back.



HIGH PLANK

Start with toes touching ground and hands directly under shoulders. Engage core and rise all the way to full extension of the arm, drawing navel to spine, and keeping a flat back.



FOREARM SIDE PLANK

Lie on left side with legs extended with left elbow directly under shoulder. Stack right foot on top of left. Exhale and gently contract abs while lifting hips and knees off mat, keeping side of left foot and left forearm and elbow in contact with ground. The right arm can be either fully extended with gaze toward middle finger or lightly touching hip. Alternate sides to engage both right and left sides.



HIGH SIDE PLANK

Start with toes touching ground and hands directly under shoulders. Stack right foot on top of left and raise left hand in full extension with core engaged, keeping the gaze toward the middle finger. Draw navel to spine and maintain a flat back. Alternate sides to engage both right and left sides.



SUPERMAN/SUPERWOMAN

Lie face down on mat, with legs straight and arms outstretched forward. Raise both arms and legs simultaneously so that they are 10-15 cm off ground, forming a slight bowl shape with body. Hold this position for a few seconds, keeping head neutral and in line with spine, then lower back to start position. Other variations include diagonal variations in which the left arm and right leg are engaged off the ground, as well as alternating on opposite side with right arm and left leg engaged.



OPPOSITE ARM-LEG REACH

Starting on your hands and knees, stretch out the left arm while you're stretching out the right leg. Alternate, using opposite arms and legs.



ITY

Lie prone on mat with arms and legs fully extended. Point toes away from body and fully extend elbows and fingers. Engage abdominal muscles to stabilize spine and retract scapulae (by pulling shoulders back and down). Hold these positions throughout the exercise. First begin with the “I” formation: Slowly lift arms off ground while maintaining a “I” formation with palms facing inward. Keep head aligned with spine. Focus on generating lift through shoulders versus the low back. Hold position for 5 – 10 seconds then relax and return to starting position. Use the same starting position and instruction to make the “T” formation: 90-degree angle to form the letter “T”) as well as the “Y” Formation (45-degree angle to form the letter “Y”) with palms facing inward.

STRETCH CORDS

All exercises should be done with a stretch cord that is securely attached to a fixed object, such as a pole.



TRICEP OVERHEAD EXTENSION

Firmly attached stretch cord to fixed object just above shoulder height. With right foot one step above left foot, grasp the handle with the right hand behind your head. Bending at the elbow, pull cord forward to engage the tricep until arm is fully extended forward. Slowly return back to start position. Alternate sides to engage both the left and right arm.



FREESTYLE POSITION

Stretch cord should be firmly attached to object at hip height. Hinge at hips and grasp the handles with the left and right arm. Pull the left arm back past the hips while keeping the right arm forward and repeat this motion to alternate the arms in a freestyle motion.



DOUBLE ARM PULL

Stretch cord should be firmly attached to object at hip height. Hinge at hips and grasp the handles with the left and right arm. Pull all the way past the hips with gaze looking toward ground, then slowly return to start position.



INTERNAL ROTATION

Stretch cord should be attached to fixed object at shoulder height. With shoulders back, grasp the handle with left elbow against side coming in to be parallel with legs. Alternate to engage both arms.



EXTERNAL ROTATION

Stretch cord should be attached to fixed object at shoulder height. With shoulders back, grasp the handle with right elbow against side. Pull across the body to the opposite until hand is at parallel to shoulder with left arm at side. Alternate to engage both arms.