

Off-Season body weight exercises

-Do exercises 2-3 times per week in off-season

Air Squats 3x15reps



Bridges 3x20 reps



YURIELKAIM

Lunges 3x20reps (10 each leg)



Pushups 3x(15-25)



Plank 3x30-60 seconds



Other off-season activities: (try to do something each day you are able)

-skiing, fat biking, snow shoeing, trail running, lap swimming.

Overall, stay active and have fun outside!