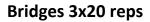
Off-Season body weight exercises

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

Air Squats 3x15reps



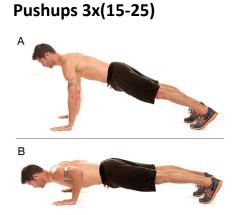
Lunges 3x20reps (10 each leg)







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!