	Snowboard plyo	Benefit	Variations
Off-board plyos	**Jump Squats**	***Trains triple flexion/extension of ankle, knee, hip complex. Helps keep rider low. Lower C.O.G less impact, more control.***	• **Jump squat (full and partial)** • **Jump squat with rotation. 90° 180° 360°.**
	Split squat jumps	***Helps with weight transfer between front and back leg. Also helps with skating (one foot out of binding and pushing off).***	• **Reverse foot positions** • **Overhead split squat** • **Lunge position with jump (foot position remains the same).**
	Plyo push-ups	***Getting up and going down on toeside. Strengthens shoulder/scapula complex.***	• **Hand variations. Multi-directional.** • **Pivot point. Knee or toe.**
	Med ball drills	***Stabilizes torso. Increased upper/lower body rotations. Also helps stabilize spine during extension/flexion and rotational movements.***	• **Side to side (lateral flexion)** • **Rotations**
On-Board plyos	**Jump squats**	***Trains the muscle to contract quickly while overloaded in binding. Extremely sport specific.***	• **Vertical displacement of C.O.G** • **Horizontal displacement of C.O.G** • **Rotation**
	Ollie jumps	***Utilizes spring action of board. Helps beginner move linear on the flats.***	• **Rear foot jump** • **Front foot jump**
	Heelside dips	***Getting up and going down on a heelside. Strengthens wrist, elbow, shoulder complex.***	• **Vary arm position**
	Toeside push-ups	***Same as off-board description above.***	• **Vary arm position**
Mountain plyos	**Toeside jumps (uphill)**	***A quick way to get up a small hill. Good way to get on the right trail after a wrong turn.***	• **Use arms. (See quadruped jumps below).**
	Toeside lunge jumps (one foot out of binding).	***A better way to get up a higher angled slope. Works quads, hams, adductors, calves. Great conditioner!***	• **Take the board off and jump up the hill**
	Quadruped jumps (arms and legs)	***Quickest way to get up a small incline without taking your board off. Lower body, upper body, and torso are involved.***	• **Zig-zag pattern up mountain**
	Skating (one foot out of binding)	***Easy way to get around on the flats (bottom of mountain or around lift lines). Push off, pull through action.***	• **Weight on foot in binding** • **Weight on foot out of binding**