

HEELCURVE HOCKEY

SPIDERMAN LUNGES WITH ROTATION

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power, control, and strength by lunging forward and rotating your torso while engaging your core. It improves mobility, coordination, and functional strength.

1 START

Stand tall with your feet hip-width apart and your arms relaxed at your sides.



2 LUNGE OUT

Step your foot out to the side and lower into a deep lunge, keeping your back straight and chest up.



3 ROTATE

Rotate your torso toward your bent leg and bring your opposite elbow toward the inside of your front foot.



4 RETURN

Push off your front foot to return to the starting position and repeat on the other side.



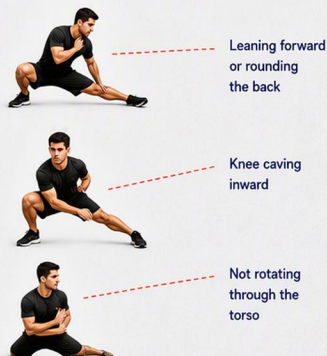
KEY POINTS

- Step out wide and land softly.
- Keep your chest up and your back straight.
- Sit into the lunge and keep your knee tracking over your foot.
- Rotate through your torso, not just your arms.
- Engage your core throughout the movement.
- Use your arms for balance only.
- Focus on quality reps, not quantity.

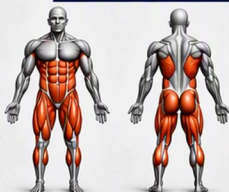
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Core
- Hip Stabilizers

TRAINING TIPS



Use as a power and control builder, not just for height.



Start with a slower box (12–20 in / 30–50 cm) and progress as your control improves.



Focus on controlled reps and soft landings.



Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.