

SPORT ACTIVITY / CROSS TRAINING

There is little doubt that every sport poses its own unique demands. Multi-direction movement, lateral quickness, strength and endurance requirements, explosive power, vertical leap, eye hand coordination, etc. With this said, the more variety in sport performance the more well-rounded your motor skill development and neuromuscular conditioning. This will help to bring you to the highest level of fitness. Keep in mind that in order to improve skills unique to your sport of choice, one should perform that sport!

Ignoring strength and cardio cross training activities will minimize the athlete's ability to continue adapting and improving physically. Athletes must continue to challenge themselves using proper cross training techniques in order to keep up, or better yet, set the pace at game time. When face to face with an opponent it may very well boil down to the differing level of physical conditioning through cross training and not just the sport skill that will ultimately mean the difference between winning and losing.

If you opponent is cross training shouldn't you be?