

Ski Conditioning Workout

October/November 2011

Here's a program you can use outside of class to prepare specifically for ski season.

This is a two-day-per-week program.

Each workout should take you about 30 minutes total, not counting warmup/cooldown.

For each workout, go straight through the exercises of the same letter, rest 1 minute, then repeat (more details below).

Day 1

A1. Dumbbell Squat-Press

A2. (Assisted) Pullups

A3. Side Plank with Hip Hinge

B1. Split-Jumps

B2. T-Pushups

B3. Abs with the Block

C1. Slalom Jumps

Day 2

A1. Speed Skater

A2. Hip Bridge - one or two legs

A3. Back Bridge

B1. Single Leg Squats

B2. Hamstring Curls or Glute-Ham Raise

B3. Medicine Ball Wall Slams or Russian Twists

C1. Wall Sit

Increase reps/resistance as follows:

Week 1 - Do 3 sets at about 80% (about 12 reps for dumbbells) of your estimated max

Week 2 - Do 3 sets at about 85% (roughly 8 reps)

Week 3 - Do 4 sets at 90% of your max (about 5 reps)

Week 4 - Your choice, 4 sets at 95% (3 reps); or back off to Week 1 levels.

For every "ab/core" or bodyweight-only exercise, do as many reps as possible with good form. Each time you do the workout, make sure you do more reps than last time - even if that means taking a little rest.

I'll have a new workout for you in four weeks!