

Ski conditioning week 1

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Interval workout

Created by Guy Fitzgerald on 2 Sep 2022, last updated on 2 Sep 2022.

Duration: 34 minutes

Equipment

Body weight Dumbbell

Circuit of 3 rounds

Dynamic Side Lunge Stretch	30 sec	
Dynamic Hip Flexor Stretch	30 sec	
Dynamic Hip Flexor Stretch	30 sec	
Dynamic Frog Stretch	30 sec	
Repeat new round		

Circuit of 3 rounds

Dumbbell Squat	60 sec	
Dumbbell Reverse Lunge	60 sec	
Skater	60 sec	
Elbow Plank	60 sec	
Repeat new round		

Rest for 60 sec

Circuit of 3 rounds

Runner Stretch	60 sec	
Seated Piriformis Stretch	60 sec	
Static Pigeon Stretch	60 sec	
Static Pigeon Stretch	60 sec	
Seated Piriformis Stretch	60 sec	
Repeat new round		

Dynamic Side Lunge Stretch

1. For the inside of your thigh, alternate from left to right holding roughly 3 seconds per stretch before moving on to the other side.
2. With the knees slightly bent, feet shoulder-width apart, and the head and chest bent forward. This will be your starting position.
3. Take a slow, lateral step to the right. Keep your toes pointed forward and stay low. Extend the left knee, driving your weight to the right, flexing the knee and hip into a side lunge.
4. Pause at the bottom of the motion, and then extend through the working leg to return to a standing position, transitioning into a lunge to the opposite side.

Dynamic Hip Flexor Stretch

1. When you're doing this mobility exercise, you'll want to ease into and then back out of it and repeat slowly as to not over stretched or have the muscles contract.
2. Kneel on a mat and bring your right knee up so the bottom of your foot is on the floor and extend your left leg out behind you so the top of your foot is on the floor.
3. Shift your weight forward until you feel a stretch in your hip. Hold for 15 seconds.
4. Once you're done one side, repeat it on the other.

Dynamic Frog Stretch

1. When performing this mobility exercise, you'll want to slowly and progressively move your knees further apart.
2. Wait until you're in a comfortable distance and then move it further out as you need a deeper stretch.
3. Position yourself on your hands and knees on the ground. Knees spread apart. This will be your starting position.
4. Move your glutes backward. Then back to starting position.

Dumbbell Squat

1. Stand with your feet shoulder-width apart, holding a dumbbell in each hand, arms hanging down both sides.
2. With your back straight, descend down until your thighs are parallel to the floor, making sure toes are pointed slightly outward.
3. Slowly return to starting position.
4. Repeat.

Dumbbell Reverse Lunge

- 1) Stand with dumbbells in both hands hanging down your sides.
- 2) Extend one leg back and lower your body on the other leg until knee of rear leg is almost in contact with floor.
- 3) Return to original standing position.
- 4) Make sure your torso is straight during the whole exercise.

Skater

- 1) Jump side to side on one foot.
- 2) Make sure your back foot doesn't touch the ground.

Elbow Plank

1. Lie face down on a mat with elbows resting on the floor next to your chest, palms facing forward or in a fist position, feet together.
2. Push your body off the floor in a pushup position with your body resting on elbows or hands.
3. Contract the abs and keep the body in a straight line from head to toes. Hold for 30-60 seconds, then lower body returning to starting position.
4. Repeat.

Runner Stretch

- 1) When performing this dynamic warm up, you'll want to ensure that you will allow your hips to drop down to the ground when you're in a stretch out position.

2) When you're rotating your chest open, reach to the sky or ceiling rather than behind you.

Seated Piriformis Stretch

1. For this stretch, cross your legs in a seated position. Sit up tall through your torso.
2. Apply light pressure downward through the knee.
3. Feel the stretch in the front part of your hip allowing it to open up as you apply the light pressure.
4. Once you're done holding, switch and do the other side.

Static Pigeon Stretch

1. When performing this exercise, ensure to lower yourself down into position as to not strain anything.
 2. Get down on the floor, roll your right leg underneath you, stretch your left leg back.
 3. Use your elbows to support the upper body. Hold.
 4. When you've completed one side, do the other.
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Tracking Sheet (Print and track your progress here. Don't forget to enter them online.)

Exercise Name	Set 1		Set 2		Set 3	
Dynamic Side Lunge Stretch	sec		sec		sec	
Dynamic Hip Flexor Stretch						
Dynamic Hip Flexor Stretch						
Dynamic Frog Stretch						
Dumbbell Squat	reps x	lbs	reps x	lbs	reps x	lbs
Dumbbell Reverse Lunge	reps x	lbs	reps x	lbs	reps x	lbs
Skater	reps		reps		reps	
Elbow Plank	sec		sec		sec	
Rest						
Runner Stretch	sec		sec		sec	
Seated Piriformis Stretch						
Static Pigeon Stretch						
Static Pigeon Stretch						
Seated Piriformis Stretch						