



Fit to Play...Live to Play!

SKIING

TRAINING PROGRAM

**Cardio Conditioning
Strength Training
Plyometrics
Flexibility
Balance
Core**



evolution
health & fitness

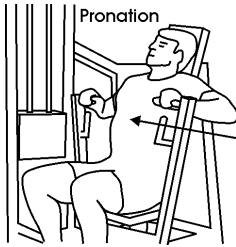


Fernie, BC

Strength Training

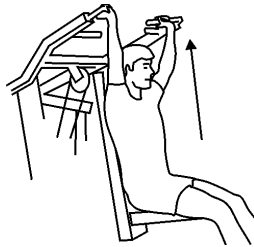
- ✓ For each exercise perform 3 sets of 12 repetitions (reps), 3 times/week
- ✓ Rest 30 seconds to 1 minute between reps
- ✓ Weight should be significantly heavy that the reps are challenging to complete
- ✓ Start program a minimum of 8 weeks prior to hitting the slopes
- ✓ Slow, controlled motion (3 seconds in, 3 seconds out)
- ✓ No pain on any exercise!

Incline Chest Press



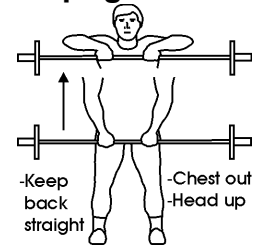
Chest Press Machine, Dumbbell
or Olympic Bench

Seated Shoulder Press



Shoulder Press Machine
or Dumbbell

Upright Row



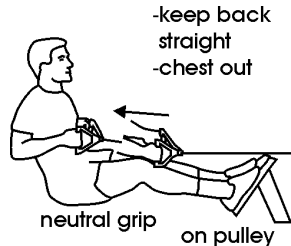
Barbell or Low Pulley

Lat Pulldown



Machine, Body Weight or Gravitron

Seated Row



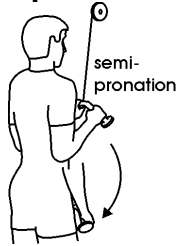
Seated Row Machine

Bicep Curl



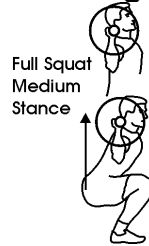
Bicep Machine, Barbell or
Dumbbell

Tricep Pressdown



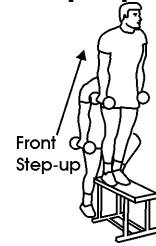
Tricep Machine

Squats or Leg Press



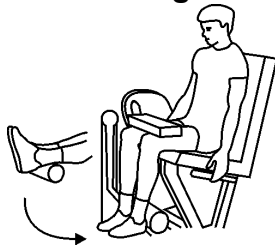
Olympic Bar or Leg Press Machine

Step-Ups



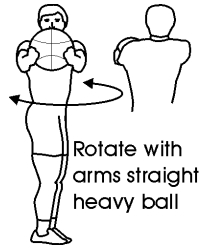
Dumbbell

Seated Leg Curl



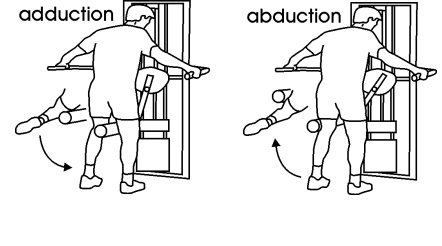
Leg Curl Machine

Rotational Twists



Barbell or Medicine Ball

Abductor/Adductor



Hip Machine

Cardio Conditioning

Whether you want to power through some endless moguls or epic glades or just circuit that secret hike-to stash all day long...cardio conditioning is the key to ensuring endurance and stamina and to reducing the risk of injury at the end of the day!

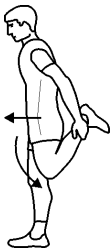
- ✓ **Minimum:** Perform cardio at least 3X per week for 20 minutes on any piece of cardio equipment that you enjoy (change it up frequently to stay entertained)
- ✓ Maintain a **Heart Rate** of at least 65% maximum, maximum HR = $220 - \text{age}$ (example – 32 years old: Max HR = $220 - 32 = 188$, 65% = 122)
- ✓ **Interval training** will help prepare for the demands of skiing: short intense bursts of work down the hill (or hiking up one) followed by a long rest as you ride the lift back up. Try a 1:4 work to rest ratio training (example – sprint for 30 seconds, jog for 2 minutes)
- ✓ Try a SPIN class, *X-Train SPIN* is designed specifically for recreational athlete conditioning

Flexibility

A stretching program will assist in a good range of motion in your joints and enable your body to handle unexpected movements or sudden grabs of your skis or poles.

- ✓ Key areas of overuse and muscle strain: Quadriceps, Hamstrings and Calves
- ✓ Any YOGA class will dramatically improve flexibility, *Yoga Fit* is designed specifically for the demands and common injuries associated with skiing and snowboarding.

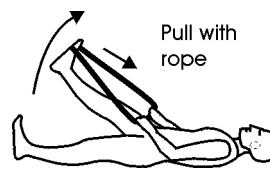
Quadriceps



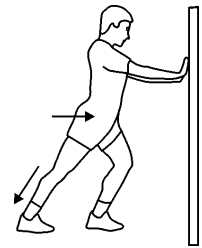
Adductors



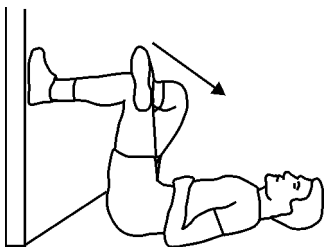
Hamstrings



Calves



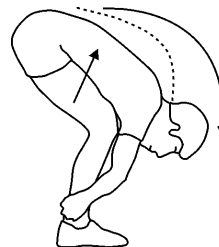
Hips & Gluteals



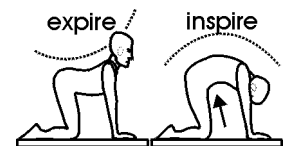
Hips & Lower Torso



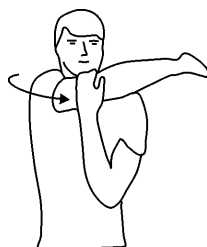
Lower Back



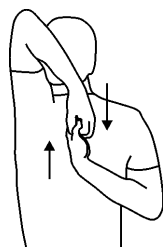
Upper Back



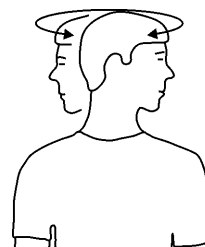
Shoulders



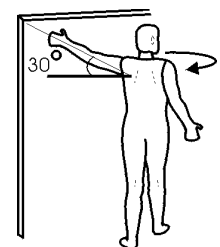
Arms & Wrists



Neck



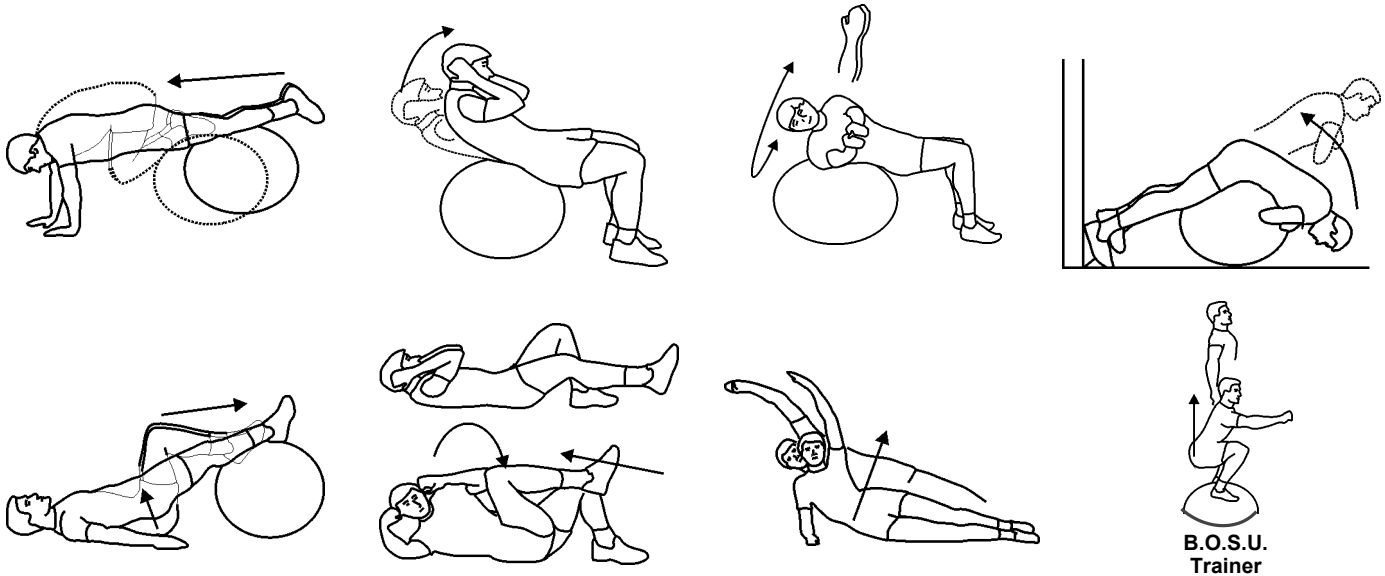
Pectorals



Balance & Core

The core is truly the foundation of your body; a strong core means a strong foundation!
Balance conditioning trains the crucial and often overlooked small stabilizer muscles.

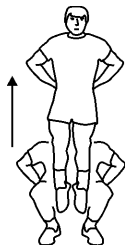
- ✓ Try the *CORE DYNAMICS* conditioning class to learn new exercises and variations
- ✓ *Skier's Edge* Ski Trainer
- ✓ *Wobble Board*: One-foot stands, Lunges with front foot on wobble board
- ✓ Aim to perform 2 sets of 10-15 repetitions in a slow, controlled motion



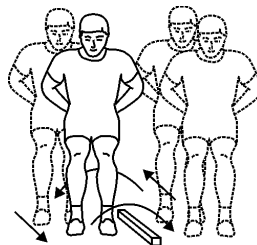
Plyometrics

Plyometrics exercises are designed to condition the body for short bursts of power and reactive shock absorption on landings.

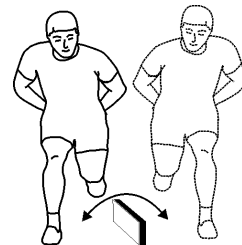
Squat Jumps



Box Hops



Box Jumps



When to see a Trainer...

- ✓ *Fit to Play* programs are designed for individuals in good physical shape, if you have any **chronic pain or previous injury** you should consult a personal trainer for an customized program
- ✓ *Fit to Play* programs are **starting point exercises**, once you have become familiar and comfortable with these basic exercises you may want to consult a personal trainer for more challenging and advanced exercises specifically suited to your needs and fitness level.