

SKI

Ultimate SKI FITNESS WORKOUT



WEEK 1 STRENGTH

Goal: Building the Base

Equipment: Dumbbells

Warm Up

(repeat for 5 min)

- 20 (10 each leg) Skips
- 20 (10 each way) Karaoke/Grape Vines**
- 20 High Knees
- 20 Butt Kickers
- 20 Body Weight Squats
- 10 Pushups
- 2 or 3 minutes of Dynamic Stretching*

Round 1

(2x through)

- 10 Wide Squats*
- 10 Bicep Curls
- 10 Lunges
- 10 Triangle Touch Downs**

2-Minute Abs

(1x through)

- 30-sec Basic Crunches
- 30 Ankle Touches**
- 30-sec Flutter Kicks*
- 30-sec Double Leg Lifts*

Round 2

(2x through)

- 10 Shoulder-Width Squats w/Side Leg Lift**
- 10 Upright Rows**
- 10 Deadlifts**
- 10 Bent Over Rows**

2-Minute Abs

- 30-sec Figure-4 Side Crunches (left)*
- 30-sec Figure-4 Side Crunches (right)*
- 30-sec Russian Twists**
- 30-sec Reverse Table Top Crunches*

Round 3

(2x through)

- 10 Legs Together Squats w/Front Knee Lift**
- 10 Overhead Triceps Presses**
- 10 Bridge Lifts*
- 10 Bench Presses

2-Minute Abs

- 30-sec Bicycles*
- 30-sec Alternating Toe Touches*
- 30-sec Butterfly Crunches*
- 30 Plank Holds

Cool Down

5 minute Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 1 CARDIO

Goal: Getting Out the Cobwebs

Equipment: Treadmill, Bike, or Elliptical

(3x Through)

- 5-min – Walk
- 5-min – Jog
- 3-min – Run
- 30-sec – Sprint
- 1-min – Jog

Cool Down

5 minute Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 1 EXERCISE GLOSSARY

Alternating Toe Touches

Lay on your back with your legs extended straight up toward the sky, so the bottoms of your feet are facing the sky; Extend your arms in the same fashion, and touch your left hand to your right foot, then your right hand to your left foot; Keep alternating.

Bicycles

Lay on your back, and lift your feet off the ground so the bottoms of your feet are facing forward about 12 inches off the ground (you should be bent at the waist and knees, so it looks like you're sitting in a chair while lying on your back); As you extend your right leg, your right elbow should cross and touch your left knee; Switch to extend your opposite leg/elbow, and keep alternating.

Bridge Lifts

Lay on your back with your knees bent and the soles of your feet on the ground; With your hands at your sides (palms down), lift your hips to the sky as far as you can.

Butterfly Crunches

Lay on your back with your knees bent and your feet soles on the ground (the inside of your legs should look like a diamond); Let your knees to fall to the outsides, so your soles of feet are touching each others; Put your hands behind your head, and crunch up until your shoulder blades come off the ground.

Double Leg Lifts

Laying on your back, bend at the waist so your legs and bottoms of your feet are pointed up; Using your abs, lift your butt off the ground about two inches.

Dynamic Stretching

Stretching that consists of constant movement instead of holding a stretch. Dynamic stretches consist of things like twisting lunges, high kicks, jump squats, and more.

Figure-4 Side Crunches

Lay on your back with your arms out to your sides, your knees bent, and your feet flat on the ground; Lift one leg and place that ankle on your opposite knee; Place one hand (the hand that's opposite of the knee that's up) behind your head, and crunch that elbow across your body to your opposite knee.

Flutter Kicks

Lay on your back with your hands under your lower back; Keeping your core tight, extend your legs straight and point your toes; Alternate kicking your feet up and down (like you're in the pool), so your heels are about 6 inches off the ground.

Reverse Table Top Crunches

Lay on your back, and lift your feet off the ground so your soles are facing forward (you should be bent at the waist and knees, so it looks like you're sitting in a chair while lying on your back); With your hands behind your head and crunch up.

Static Stretching

Stretching that consists of holding a stretch for approximately 10 seconds.

Wide Squats

Stand with your toes slightly pointed out and your feet wider than shoulder-width apart; With a dumbbell in each hand, bend your knees and squat down; Stand up and repeat.

SKI

Ultimate SKI FITNESS WORKOUT



WEEK 2 STRENGTH

Goal: Basic Muscle Endurance

Equipment: Resistance Band or Dumbbells

Warm Up

5-min Easy Run
5-min Repeat Bursts:
 10-sec Sprint
 50-sec Jog
3 minutes of Dynamic Stretching*

Station 1 (Arms)

(2x through)
20 Pushups
20 Triceps Kickbacks (w/bands)*
20 Bicep Curls (w/bands)
20 T Raises (10 front, 10 side)*

Station 2 (Legs)

(2x through)
20 Lunges
20 Side Lunges (10 each side)**
20 Monkeys**
20 Jump Squats*

Station 3 (Core)

(2x through)
20 Burpies**
20 Basic Crunches
20 Leg Lower*
20 Bicycles*

Station 4 (Sprints)

5 Full-Field Sprints (or as far as you can sprint)

Station 5 (Buns)

(2x through)
20 Bridge Lifts*
20 Fire Hydrants (10 each leg)**
20 Jane Fondas**
20 Side Leg Lifts*

Cool Down

5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 2 CARDIO

Goal: Cardio Through Fluid Bodyweight Movements

Warm Up

5 minutes of Jogging

Session 1

Jog (for 60 sec)
Power Skips (for 90 sec)*
Walking Lunges (for 60 sec)
Power Skips (for 90 sec)*
Walking Lunges (for 60 sec)

Session 2

Jog (for 60 sec)
Butt Kickers (for 90 sec)
Bear Crawls (for 60 sec)*
Butt Kickers (for 90 sec)
Bear Crawls (for 60 sec)*

Session 3

Jog (for 60 sec)
Side Shuffle—Leading w/Left Leg
 (for 90 sec)
Single Leg Hops—Left Leg Only
 (for 60 sec)
Side Shuffle—Lead w/Right Leg
 (for 90 sec)
Single Leg Hops—Right Leg Only
 (for 60 sec)

Session 4

Jog (for 60 sec)
Backwards Run (for 90 sec)
High Knees (for 60 sec)*
Backwards Run (for 90 sec)
High Knees (for 60 sec)*

Session 5

Jog (for 60 sec)
Sprint (for 90 sec)
Walk (for 60 sec)
Sprint (for 90 sec)
Walk (for 60 sec)
High Knees (for 60 sec)*

Cool Down

Run for 1 minute
5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 2 EXERCISE GLOSSARY

Bear Crawls

Drop down to your hands and feet, and walk like a bear.

Bicycles

Lay on your back, and lift your feet off the ground so the bottoms of your feet are facing forward about 12 inches off the ground (you should be bent at the waist and knees, so it looks like you're sitting in a chair while lying on your back); As you extend your right leg, your right elbow should cross and touch your left knee; Switch to extend your opposite leg/elbow, and keep alternating.

Bridge Lifts

Lay on your back with your knees bent and the soles of your feet on the ground; With your hands at your sides (palms down), lift your hips to the sky as far as you can.

Dynamic Stretching

Stretching that consists of constant movement instead of holding a stretch. Dynamic stretches consist of things like twisting lunges, high kicks, jump squats, and more.

High Knees

Bend your arms at the elbow, so your forearms are parallel to the ground, then run in place but focusing on bringing your knees as high up as you can.

Jump Squats

Like a regular squat, stand with your feet shoulder width apart and squat down; but, instead of coming up to a stand, explode up and jump.

Leg Lowers

Laying on your back, bend at the waist so you're holding your legs off the ground at about a 45-degree angle. Then lower your right leg, so it's slightly off then ground, and bring it back up. Do the same with your left, and keep alternating.

Power Skips

These are just like skipping, but you focus on exploding up as high as you can.

Side Leg Lifts

Laying on your left side with your legs straight in line with your body, lift your right leg as high as it can go trying to slightly lead with your heel; Keep your foot flexed the whole time.

Static Stretching

Stretching that consists of holding a stretch for approximately 10 seconds.

T Raises

With weights in your hand (or stand in the middle of your resistance band and hold the handles) and your palms facing the ground, raise your arms out straight in front of you, so your palms still face the ground. Lower your arms down, then raise your arms straight out to your sides with your palms still facing down.

Triceps Kickbacks

Holding the bands in both hands and standing in middle of it, hinge forward at the waist keeping your elbows as high as you can and pointing them behind you; Kick your arm back at the elbow until it's full extended.

SKI

Ultimate SKI FITNESS WORKOUT



WEEK 3 STRENGTH

Goal: Simultaneously Increasing Muscle Strength and Endurance

Equipment: Dumbbells

Warm Up

5 minutes of Light Jogging
3 minutes of Dynamic Stretching*

9 Minutes of Work on the Minute

15 Jump Squats (rest the remainder of the minute)*
15 Moving Planks (rest the remainder of the minute)*
15 Leg Lowerers (rest the remainder of the minute)*
Repeat 3x

10 Minutes in Each Round (keep repeating exercises until the time is up)

Round 1 (Legs)

10 Plié Squat to Calf Raises*
10 Lunges (Alternating Legs)
10 Side Lunges (Alternating Legs)
10 Deadlifts**
Sprint 20 Yards, Jog Back

Round 2 (Arms)

10 Bicep Curls
10 Overhead Shoulder Presses*
10 Lateral Arm Raises
10 Overhead Triceps Presses**
Power Skip 20 Yards, Jog Back

Round 3 (Core)

10 Full Sit-Ups
10 Supermans*
10 Eagle Crunches**
10 Leg Lift and Lowerers
Side Shuffle 20 Yards, Side Shuffle Back

Cooldown

5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 3 CARDIO

Goal: Short Burst, Full Intensity Intervals (Tabata Style)

2x Through

20 Seconds On, 10 Seconds Off
Burpies**
Lunge Chops*
Mountain Climbers*
Side-to-Side Line Jumps*

1 Minute Rest

2x Through

20 Seconds On, 10 Seconds Off
Squat Jumps w/180 Turn*
High Knees*
Skaters**
Run Up Touch, Run Back Touch*

1 Minute Rest

2x Through

20 Seconds On, 10 Seconds Off
Single Leg Touch Downs and Explode Up**
Fast Feet*
Plank Jacks*
Butt Kicks

1 minute rest

2x Through

20 Seconds On, 10 Seconds Off
Tuck Jumps*
One, Two Touches*
Front-Back Hops*
Jumping Jacks

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 3 EXERCISE GLOSSARY

Dynamic Stretching

Stretching that consists of constant movement instead of holding a stretch. Dynamic stretches consist of things like twisting lunges, high kicks, jump squats, and more.

Fast Feet

Standing with your feet slightly wider than shoulder-width apart, the object is to move your feet as fast as you can with your feet barely leaving the ground.

Front-Back Hops

With your feet together, jump forward and backward as fast as you can over an imaginary line in front of you.

High Knees

Bend your arms at the elbow, so your forearms are parallel to the ground, then run in place but focusing on bringing your knees as high up as you can.

Jump Squats

Like a regular squat, stand with your feet shoulder width apart and squat down; but, instead of coming up to a stand, explode up and jump.

Leg Lowerers

Laying on your back, bend at the waist so you're holding your legs off the ground at about a 45-degree angle. Then lower your right leg, so it's slightly off then ground, and bring it back up. Do the same with your left, and keep alternating.

Lunge Chops

Similar to a lunge, make sure the knee of your forward leg is behind your ankle; Start with your right leg forward (left leg back), and lunge down, so your right and left hands come together on the outside of your right knee (like you're slicing with a sword); To switch legs, explode up into a jump, swap legs, and bring your hands together on the outside of your left knee. Keep alternating.

Mountain Climbers

Starting in an upper plank position (supporting yourself with hands and feet), bend your right knee and quickly bring it as close to your chest as possible before putting it back quickly. Then quickly bring your left knee as close to your chest as possible before repeating.

Moving Planks

Start in an upper plank position (supporting yourself with hands and feet), and, one at a time, move your arms to lower plank (on your elbows) and back up. Repeat.

One, Two Touches

Like a side shuffle, take one sideways step in the direction of your outside foot, then step that way with your other foot; Take two steps in that fashion before touching the ground with your outside hand and repeating to the other direction. Repeat as fast as possible.

Overhead Shoulder Presses

Hold your weights in your hands with your palms facing forward, so your arms are in the shape of a football goalpost (or a "U"); Then push them up, so your arms are in the same shape that a referee signals for a football touchdown (or a "Y").

Plank Jacks

While in upper or lower plank (on your hands or your elbows), jump your feet apart so they're wider than shoulder-width apart, and then back together.

Plié Squat to Calf Raises

Standing in a squat position with your feet wider than shoulder-width apart, point your toes outward; Squat down, and then stand up onto your tiptoes.

Run Up Touch, Run Back Touch

Run 5 steps forward, and touch the ground; Then backpedal 5 steps, and touch the ground. Repeat as fast as you can.

Side-to-Side Line Jumps

With your feet together, jump left to right as fast as you can over an imaginary line next to you.

Static Stretching

Stretching that consists of holding a stretch for approximately 10 seconds.

Squat Jumps with 180-Degree Turn

Like a jump squat, but turn your body when you explode up, so you're facing the other direction when you land.

Supermans

Laying on your stomach with your nose facing the floor but slightly off the ground, stretch your arms straight above your head (like you're Superman flying); At the same time, lift your arms and legs off the ground, then lower them.

Tuck Jumps

Standing on the ground, jump as high as you can while bringing your knees as close to your chest as possible. Keep your hands forward to help you balance.

SKI

Ultimate SKI FITNESS WORKOUT



WEEK 4 STRENGTH

Goal: Getting Fit with a Friend

Equipment: Medicine Ball, Resistance Band

Warm Up

5 minutes of Running
3 minutes of Dynamic Stretching*

Round 1

Using Bodyweight 2x through
(30 seconds then switch partners)

Partner 1 Plank Holds while Partner 2
does Box Jumps over partner's
ankles**

Partner 1 Wheelbarrow Pushups while
Partner 2 holds partner's ankles and
squats**

(1 minute together)

Do together: 180-degree Jump Squats
with High Fives**

Do together: Side Planks with Clap Over/
Under (switch sides after 30 seconds)**

* Check our glossary for a written description

** Watch our How To video for a visual description

Round 2

Using a Medicine Ball 2x through
(30 seconds then switch partners)

Partner 1 does Russian Twists** while
Partner 2 does Mountain Climbers*

Partner 1 does Deadlifts** while
Partner 2 does Plank Jacks*

(1 minute together)

Squat, Catch, and Throw facing
each other*

Squat, Chop, Twist, and Throw pass**

Round 3

Using Resistance Bands 2x
through

(30 seconds then switch partners)

Partner 1 does Bicep Curls while Partner
2 does High Knees*

Partner 1 does Upright Rows** while
Partner 2 does Bridge Lifts*

(1 minute together)

Band Core Twists*
Partner Band Rows**

Round 4

Each Partner 2x through

20-sec Sprint while partner holds band
behind*

Bonus Round: Core

1 Minute Each Exercise

Partner-Assisted Leg Lowers*

Full Sit-Up Passes*

Plank High Fives**

Seated Russian Twist-and-Throws**

Cool Down

5 minutes of Static Stretching*

WEEK 4 CARDIO

Goal: Steady State Cardio with Full Bodyweight Fitness

Warm Up

5 minutes of Walking

1-min Jog

1-min Run

1-min Pushups

2-min Jog

2-min Run

1-min Squat Curtsies*

3-min Jog

3-min Run

1-min Bicycle Crunches

4-min Jog

4-min Run

1-min Boxing Jabs*

5-min Run

1-min Plank Hold with Back Taps*

Cool Down

5 minutes of Walking

5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 4 EXERCISE GLOSSARY

Dynamic Stretching

Stretching that consists of constant movement instead of holding a stretch. Dynamic stretches consist of things like twisting lunges, high kicks, jump squats, and more.

Band Core Twists

Link your and your partner's bands while you each hang onto your own band's handles. Stand shoulder-to-shoulder but facing opposite ways, then take two steps forward to create tension between the bands. Holding each of your handles with both hands, twist away from each other like you're swinging a baseball bat. Come back together and repeat.

Bicycle Crunches

Lay on your back, and lift your feet off the ground so the bottoms of your feet are facing forward about 12 inches off the ground (you should be bent at the waist and knees, so it looks like you're sitting in a chair while lying on your back); As you extend your right leg, your right elbow should cross and touch your left knee; Switch to extend your opposite leg/elbow, and keep alternating.

Boxing Jabs

Start with your arms at your sides but elbows bent at 90-degrees, so your forearms are sticking out away from you with your palms facing up. Make a fist and punch forward, twisting your arm as you go, so your fisted palms are now facing down. Repeat as fast as you can.

Bridge Lifts

Lay on your back with your knees bent and the soles of your feet on the ground; With your hands at your sides (palms down), lift your hips to the sky as far as you can.

Full Sit-Up Passes

Sit a couple feet apart on the ground with your heels facing each other. Throw the ball to your partner, and as he catches it, he'll lay back to do a sit-up with the ball while you stay seated. As he comes forward, he'll throw the ball for you, and you'll lay back to do a sit-up while he stays seated.

High Knees

Bend your arms at the elbow, so your forearms are parallel to the ground, then run in place but focusing on bringing your knees as high up as you can.

Mountain Climbers

Starting in an upper plank position (supporting yourself with hands and feet), bend your right knee and quickly bring it as close to your chest as possible before putting it back quickly. Then quickly bring your left knee as close to your chest as possible before repeating.

Partner-Assisted Leg Lowers

With your partner standing, lay on the ground facing up so your head is between his feet. Wrap your hands around his ankles, bend your legs at the waist, and raise your feet toward his face. Your partner will grab your feet, and throw them back down to the ground while you prevent them from touching the ground; Raise them again and repeat.

Plank Hold with Back Taps

Starting in upper plank (on your hands), touch your tailbone area with the back of your hand. Switch hands and repeat.

Plank Jacks

While in upper or lower plank (on your hands or your elbows), jump your feet apart so they're wider than shoulder-width apart, and then back together.

Sprint while Partner Holds Band Behind

Put your resistance band around your partner's waist, grab the handles and try to hold her back as she tries to sprint.

Squat, Catch, and Throw facing each other

Facing your partner a few feet apart, squat with a medicine ball in front of you. As you come up, throw the ball to your partner as she squats while holding it. Repeat.

Squat Curtsies

With your right leg forward in a lunge position, bring your left foot behind and to the outside of your right foot. Squat down, then come back up and switch legs.

Static Stretching

Stretching that consists of holding a stretch for approximately 10 seconds.

SKI

Ultimate SKI FITNESS WORKOUT



WEEK 5 STRENGTH

Goal: Steady State Cardio without Diminished Intensity

Equipment: Jump Rope

Warm Up

5 minutes of Jumping Rope
(3 min: both feet; 2 min: alternating feet)

AMRAP 1

(As Many Rounds As Possible) — 10 minutes

5 Pushups
10 Jump Squats*
15 Butterfly Crunches*
20 Bridge Lifts*
25 Hip Dips while Planking (25 each side)*

AMRAP 2

(As Many Rounds As Possible) — 10 minutes

5 Inchworm Walk-Outs**
10 Lunge Chops*
15 Side V Ups (15 each side)**
20 Squats
25 Plank Jacks*

AMRAP 3

(As Many Rounds As Possible) — 10 minutes

5 Downward Dog, to Single Leg Dog, to Crunch (5 each leg)**
10 Single Leg Touch Down to Ground and Explode Up
(5 each leg)**
15 Plank Spidermans*
20 Single Leg Static Lunge Dips (10 each leg)*
25 Jumping Jacks

Cool Down

5 minutes of Jogging
5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 5 CARDIO

Goal: High Intensity Movements with Sprint Finishes

Warm Up

10 minutes of running (first 5 easy warming up,
then 5 bursts of 10-sec sprints followed by 50-sec jog)
2 or 3 minutes of Dynamic Stretching*

2x through

5 Burpies**, then Sprint 20 yards
10 Triceps Dips*, then Sprint 20 yards
15 Supermans*, then Sprint 20 yards
20 Plié Squats*, then Sprint 20 yards
25 Out and In Sit-ups w/elbows on ground*,
then Sprint 20 yards
30 Fire Hydrants**, then Sprint 20 yards
35 Fast Feet*, then Sprint 20 yards
40 Plank Shoulder Taps*, then Sprint 20 yards
45 Jumping Jacks, then Sprint 20 yards
50 Alternating Toe Touches*, then Sprint 40 yards

Cool Down:

5 minutes of Walking
5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 5 EXERCISE GLOSSARY

Alternating Toe Touches

Lay on your back with your legs extended straight up toward the sky, so the bottoms of your feet are facing the sky; Extend your arms in the same fashion, and touch your left hand to your right foot, then your right hand to your left foot; Keep alternating.

Bridge Lifts

Lay on your back with your knees bent and the soles of your feet on the ground; With your hands at your sides (palms down), lift your hips to the sky as far as you can.

Butterfly Crunches

Lay on your back with your knees bent and your feet soles on the ground (the inside of your legs should look like a diamond); Let your knees to fall to the outsides, so your soles of feet are touching each others; Put your hands behind your head, and crunch up until your shoulder blades come off the ground.

Dynamic Stretching

Stretching that consists of constant movement instead of holding a stretch. Dynamic stretches consist of things like twisting lunges, high kicks, jump squats, and more.

Fast Feet

Standing with your feet slightly wider than shoulder-width apart, the object is to move your feet as fast as you can with your feet barely leaving the ground.

Hip Dips while Planking

Starting in lower plank (on your forearms), rotate your core, so your right hip touches on the ground. Switch sides.

Jump Squats

Like a regular squat, stand with your feet shoulder width apart and squat down; but, instead of coming up to a stand, explode up and jump.

Lunge Chops

Similar to a lunge, make sure the knee of your forward leg behind your ankle; Start with your right leg forward (left leg back), and lunge down so your right and left hands come together on the outside of your right knee (like you're slicing with a sword); To switch legs, explode up into a jump, swap legs, and bring your hands together on the outside of your left knee. Keep alternating.

Out and In Sit-ups

Start in boat pose so your legs and body are shaped like a "V" with your arms straight out parallel to the ground. Then lower your legs and body closer to the ground (making a flatter "V") before bringing them back up.

Plank Jacks

While in upper or lower plank (on your hands or your elbows), jump your feet apart so they're wider than shoulder-width apart, and then back together.

Plank Shoulder Taps

Starting in upper plank (on your hands), bring one hand off the ground and touch the opposite shoulder before putting it back down. Then switch hands.

Plank Spiders

Starting in upper plank (on your hands), bring your right knee up to the outside of your right elbow. Bring it back down alongside your other foot, and then switch legs.

Plié Squats

Standing in a squat position with your feet wider than shoulder-width apart, point your toes outward; Squat down, and then stand.

Single Leg Static Lunge Dips

Start in lunge position with one leg forward, and that knee bent. With your back leg, drop your knee to the ground, then back up to lunge position, before touching your knee to the ground again and repeating.

Static Stretching

Stretching that consists of holding a stretch for approximately 10 seconds.

Supermans

Laying on your stomach with your nose facing the floor but slightly off the ground, stretch your arms straight above your head (like you're Superman flying); At the same time, lift your arms and legs off the ground, then lower them.

Triceps Dips

Start in a reverse bridge position with your feet firmly planted on the floor, and your knees bent at a 90 degree angle. Your arms will be straight, your wrists directly under your shoulders (with fingers pointed at your ankles), and your butt should be as high off the floor as possible—your body should look like a table. In that position, bend your elbows and lower your butt until it almost touch the floor; Then push back up with your arms to the starting position. Repeat.

SKI

Ultimate SKI FITNESS WORKOUT



WEEK 6 STRENGTH

Goal: Increasing Muscle Strength Through Full Range of Motion

Equipment: Dumbbells

Warm Up

5 minutes of Jogging

2x Through (16 reps of each exercise)

Round 1

Squats
Wide Bicep Curls*
Stationary Lunges (Switch legs second time.)*
Overhead Shoulder Presses*
Plié Squats*
Bent-Over Rows**
Bridge Lift*
Bent-Over Shoulder Flies**

Abs (1x Through)

1 minute Plank Hold
1 minute Classic Crunch

Round 2

Single Leg Dead Lifts (Switch legs second time.)*
Upright Rows**
Alternating Step-Ups with Calf Raises
90-Degree Biceps In and Outs*
Good Mornings**
Skullcrushers*
Single Leg Squats*
Supermans*

Abs (1x Through)

30 seconds Plank Hold on each side
1 minute Lift and Leg Lowers

Cool Down

5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 6 CARDIO

Goal: Elevating Endurance

Equipment: Jump Rope

Warm Up

5 minutes of Jogging

2x Through

1 minute Jump Rope
10 Lunges
1 minute Jump Rope
10 Moving Planks*
1 minute Jump Rope
10 Good Mornings**
1 minute Jump Rope
10 Triceps Dips*
1 minute Jump Rope
10 Bridge Lifts*
1 minute Jump Rope

30 second Left Side Plank Hold*
1 minute Jump Rope
30 second Right Side Plank Hold*
1 minute Jump Rope
10 Burpie Bottoms*
1 minute Jump Rope
10 Prisoner Get Ups*
1 minute Jump Rope
2 minutes Rest

Cool Down

5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 6 EXERCISE GLOSSARY

90-Degree Biceps In and Outs

Start with your elbows bent at a 90-degree angle. With elbows tucked in and arms positioned like you're holding a tray, rotate your arms out as far as you can go and then bring them back together again. Repeat.

Bridge Lifts

Lay on your back with your knees bent and the soles of your feet on the ground; With your hands at your sides (palms down), lift your hips to the sky as far as you can.

Burpie Bottoms

Starting in high plank (on your hands), jump your legs into a low squat and immediately jump them back. It's a burpie without the explosion up into a jump.

Moving Planks

Start in an upper plank position (supporting yourself with hands and feet), and, one at a time, move your arms to lower plank (on your elbows) and back up. Repeat.

Overhead Shoulder Presses

Hold your weights in your hands with your palms facing forward, so your arms are in the shape of a football goalpost (or a "U"); Then push them up, so your arms are in the same shape that a referee signals for a football touchdown (or a "Y").

Plié Squats

Standing in a squat position with your feet wider than shoulder-width apart, point your toes outward; Squat down, and then stand.

Prisoner Get Ups

Standing with your hands behind your head and elbows sticking out, come down to your knees one at a time, then stand back up.

Side Plank Holds (left and right)

While in low or high plank (elbows or hands), roll onto the outside of your right foot lifting your left arm into the air so it reaches to the sky. Keep your hips up so your body is straight.

Single Leg Dead Lifts

Like a deadlift (watch the How-To video from Week 1 for a refresher), but instead of standing on two feet, kick one leg behind you as you bend forward.

Single Leg Squat

Stand on one leg with your other leg behind or in front of you (whichever way helps you keep your weight on your heel of the standing leg), and do a squat.

Skullcrushers

With weights in your hands, lay on your back with your arms reaching up toward the sky. Bend your elbows, so your hands come toward your face. Straighten your arms up to the sky, then bend your elbows so the weights come back down. Repeat.

Static Stretching

Stretching that consists of holding a stretch for approximately 10 seconds.

Stationary Lunges

Take a big step forward with one leg slightly bending the forward knee, so you're in a lunge position. Lunge down so your back knee almost touches the ground then go back to your lunge position. Repeat.

Supermans

Laying on your stomach with your nose facing the floor but slightly off the ground, stretch your arms straight above your head (like you're Superman flying); At the same time, lift your arms and legs off the ground, then lower them.

Triceps Dips

Start in a reverse bridge position with your feet firmly planted on the floor, and your knees bent at a 90 degree angle. Your arms will be straight, your wrists directly under your shoulders (with fingers pointed at your ankles), and your butt should be as high off the floor as possible—your body should look like a table. In that position, bend your elbows and lower your butt until it almost touch the floor; Then push back up with your arms to the starting position. Repeat.

Wide Bicep Curls

Start with your elbows bent at a 90-degree angle. With elbows tucked in and arms positioned like you're holding a tray, rotate your arms out as far as you can go before curling up so your weights and palms almost touch the outside of each shoulder.

WEEK 7 STRENGTH

Goal: Focusing on Eccentric Strength

Equipment: Heavier Dumbbells and Jump Rope

Warm Up

Repeat for 5 minutes

25 Jumping Jacks
10 Lunges
20 Boxing Jabs*
5 Inchworm Walk-Outs**

Eccentric Emphasis

2x Through

*Lower down for 3 seconds,
then explode up.*

8 Squats
8 Hammer Curls*
8 Single Leg Curtsey Lunge Dips
(Switch legs second time.)*
8 Bent Over Rows (start at top of row)**

1 minute of Jumping Rope

Eccentric Emphasis

2x Through

*Lower down for 3 seconds,
then explode up.*

8 Single Leg Squats
(Switch legs second time.)*
8 Pushups
8 Deadlifts**
8 Upright Rows (start at top of row)**

1 minute of Jumping Rope

Eccentric Emphasis

2x Through

*Lower down for 3 seconds,
then explode up.*

8 Wide Squats*
8 Bent-Over Shoulder Flies
(Start at the top of the fly)**
8 Bridge Lifts
(Start at the top of the bridge)*
8 Overhead Triceps Dips*

1 minute of Jumping Rope

Ab Burnouts

50 Alternating Toe Touches*
45 Basic Crunches
40 Bicycles*
35 Plank Jacks*
30 Ankle Touches**
25 Leg Lowers*
20 Eagle Crunches (10 each side)**
15 Bum Raises*
10 Plank Spidermans*
5 Side V-Ups**

Cool Down

5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 7 CARDIO

Goal: Increasing Maximum Cardio Capacity with Full Effort

Warm Up

5 minutes of Jumping Rope

Pyramid Workout

2x Through

Second time in reverse order.

5 Jumping Jacks
5 Burpies**
10 Jumping Jacks
10 Alternating Side Lunges**
15 Jumping Jacks

15 Jump Lunges*
20 Jumping Jacks
20 Bicycles*
25 Jumping Jacks
25 Jump Squats*
30 Jumping Jacks
30 Pushups
35 Jumping Jacks
35 Mountain Climbers*
40 Jumping Jacks
40 Lunges
45 Jumping Jacks

45 Squats
50 Jumping Jacks
50 Basic Crunches

Cool Down

5 minutes of Jogging
5 minutes of Static Stretching*

* Check our glossary for a written description

** Watch our How To video for a visual description

WEEK 7 EXERCISE GLOSSARY

Alternating Toe Touches

Lay on your back with your legs extended straight up toward the sky, so the bottoms of your feet are facing the sky; Extend your arms in the same fashion, and touch your left hand to your right foot, then your right hand to your left foot; Keep alternating.

Bicycles

Lay on your back, and lift your feet off the ground so the bottoms of your feet are facing forward about 12 inches off the ground (you should be bent at the waist and knees, so it looks like you're sitting in a chair while lying on your back); As you extend your right leg, your right elbow should cross and touch your left knee; Switch to extend your opposite leg/elbow, and keep alternating.

Boxing Jabs

Start with your arms at your sides but elbows bent at 90-degrees, so your forearms are sticking out away from you with your palms facing up. Make a fist and punch forward, twisting your arm as you go, so your fisted palms are now facing down. Repeat as fast as you can.

Bridge Lifts (start at top of bridge)

Lay on your back with your knees bent and the soles of your feet on the ground; With your hands at your sides (palms down), lift your hips to the sky as far as you can.

Bum Raises

Laying on your back with your legs bent at your waist so the bottoms of your feet are facing up, lift your butt about an inch off the ground before lowering it. Repeat.

Hammer Curls

Like a bicep curl but with your wrists facing each other as if you're holding a hammer.

Jump Lunges

Starting in a lunge position with your forward knee bent, lunge down; As you explode up, jump and switch legs. Repeat.

Jump Squats

Like a regular squat, stand with your feet shoulder width apart and squat down; but, instead of coming up to a stand, explode up and jump.

Leg Lowers

Laying on your back, bend at the waist so you're holding your legs off the ground at about a 45-degree angle. Then lower your right leg, so it's slightly off then ground, and bring it back up. Do the same with your left, and keep alternating.

Mountain Climbers

Starting in an upper plank position (supporting yourself with hands and feet), bend your right knee and quickly bring it as close to your chest as possible before putting it back quickly. Then quickly bring your left knee as close to your chest as possible before repeating.

Overhead Triceps Dips

While standing, hold a weight in each hand. Straighten both arms above your head. Keeping your elbows in place, lower the weight behind you. Straighten your arms to the starting position.

Plank Jacks

While in upper or lower plank (on your hands or your elbows), jump your feet apart so they're wider than shoulder-width apart, and then back together.

Plank Spiders

Starting in upper plank (on your hands), bring your right knee up to the outside of your right elbow. Bring it back down alongside your other foot, and then switch legs.

Single Leg Curtsey Lunge Dips

With your right leg forward in a lunge position, bring your left foot behind and to the outside of your right foot. Squat down, and pulse up and down with your back knee slightly off the ground.

Single Leg Squat

Stand on one leg with your other leg behind or in front of you, and do a squat making sure to keep your weight on your heels.

Static Stretching

Stretching that consists of holding a stretch for approximately 10 seconds.

Wide Squats

Stand with your toes slightly pointed out and your feet wider than shoulder-width apart; With a dumbbell in each hand, bend your knees and squat down; Stand up and repeat.

SKI

Ultimate SKI FITNESS WORKOUT



WEEK 8 STRENGTH

Goal: Final Push for Integrated Total Body Strength

Equipment: Dumbbells and Step-Up Bench

Warm Up

5 minutes of Jogging
3 minutes of Dynamic Stretching*

Round 1 (2x through)

20 Squats with Bicep Curls
20 Step-Ups with Single-Arm Elbow-Forward Overhead Press*
20 Upper Plank Rows*

1 minute of Mountain Climbers*
1 minute of Butterfly Crunches*

Round 2 (2x through)

20 Single Side Lunges to One-Leg Hold and Overhead Press*
20 Side Step-Ups with Single Leg and Triceps Diagonal Kick Out**
20 Upper Side Planks to Ceiling Press**

1 minute of Skaters**
1 minute of Figure 4 Crunches (30 seconds each side)*

Round 3 (2x through)

20 Step-Ups with Single Leg and Triceps Kick Back**
20 Step-Ups to Warrior 3 (1 weight only; Switch arms in Round 2)**
20 Downward Dog Pushups **

1 minute of Jumping Jacks
1 minute of Leg Lift and Lowers

Round 4 (2x through)

20 Straight-Leg Deadlifts with Upright Row*
20 Step-Ups with W-to-V Bicep Presses**
20 Upper Plank Ceiling Reach then Wrap Around and Try to Touch Your Back*

1 minute of High Knees*
1 minute of Boat Pose Holds with Arm Pulses*

* Check our glossary for a written description
** Watch our How To video for a visual description

WEEK 8 CARDIO

Goal: Final Cardio Preparations to Equal Awesome Ski Runs

Equipment: Jump Rope

Warm up

5 minutes of Jogging

10 Burpies**
1 minute of Jumping Rope
1 minute of Jumping Jack Crossovers*
1 minute of Fast Feet*
1 minute of Power Skips*
5 minutes of Running or Jogging

10 Burpies**
1 minute of Skaters**

1 minute of One, Two Touches*
1 minute of Jumping Rope
1 minute of Run Up Touch, Run Back Touch*
1 minute of Jumping Jacks
5 minutes of Running or Jogging

10 Burpies**
1 minute of Mountain Climbers*
1 minute of Skiers (6 forward, then backpedal. Repeat for 1 minute.)*
1 minute of Squat Crossovers*

1 minute of Jumping Rope
1 minute of Front-Back Hops*
5 minutes of Running or Jogging

Cool Down

5 minutes of Walking
3 minutes of Dynamic Stretching*

* Check our glossary for a written description
** Watch our How To video for a visual description

WEEK 8 EXERCISE GLOSSARY

Boat Pose Holds with Arm Pulses

With your butt on the ground, hold your legs straight out but about 2 feet off the ground. Lean your upper body back, so if someone looked at you from the side, you'd look like a wide V. Then bring your arms parallel with the ground and bounce them in place, moving only a few inches up and down.

Butterfly Crunches

Lay on your back with your knees bent and your feet soles on the ground (the inside of your legs should look like a diamond); Let your knees fall to the outsides, so your soles of feet are touching each other; Put your hands behind your head, and crunch up until your shoulder blades come off the ground.

Dynamic Stretching

Stretching that consists of constant movement instead of holding a stretch. Dynamic stretches consist of things like twisting lunges, high kicks, jump squats, and more.

Fast Feet

Standing with your feet slightly wider than shoulder-width apart, the object is to move your feet as fast as you can with your feet barely leaving the ground.

Figure-4 Side Crunches

Lay on your back with your arms out to your sides, your knees bent, and your feet flat on the ground; Lift one leg and place that ankle on your opposite knee; Place one hand (the hand that's opposite of the knee that's up) behind your head, and crunch that elbow across your body to your opposite knee.

Front-Back Hops

With your feet together and arms over your head, jump forward and backward as fast as you can over an imaginary line in front of you.

High Knees

Bend your arms at the elbow, so your forearms are parallel to the ground, then run in place but focusing on bringing your knees as high up as you can.

Jumping Jack Crossovers

With your arms straight out in front of your body (instead of over your head), jump your feet apart; As you jump your feet back in, cross your left foot in front of your right, and cross your left arm over your right arm. Jump your feet apart and arms straight out; As you jump back in, switch which leg is in front and which arm is on top. Repeat.

Mountain Climbers

Starting in an upper plank position (supporting yourself with hands and feet), bend your right knee and quickly bring it as close to your chest as possible before putting it back quickly. Then quickly bring your left knee as close to your chest as possible before repeating.

One, Two Touches

Like a side shuffle, take one sideways step in the direction of your outside foot, then step that way with your other foot; Take two steps in that fashion before touching the ground with your outside hand and repeating to the other direction. Repeat as fast as possible.

Power Skips

These are just like skipping, but you focus on exploding up as high as you can.

Run Up Touch, Run Back Touch

Run 5 steps forward, and touch the ground; Then backpedal 5 steps, and touch the ground. Repeat as fast as you can.

Single Side Lunges to One-Leg Hold and Overhead Press

With your weight in your left hand, side lunge out to the right, lowering your left hand (and weight) down to your right ankle. As you stand back up, bring your hand to your left shoulder and push it above your head in an overhead press while your right leg comes up and bends 90-degrees at the knee. Repeat with other leg/arm.

Skiers

With feet together, jump at a 45-degree angle to the right, then a 45-degree angle to the left. Repeat three times to each side, and then backpedal to the start.

Squat Crossovers

Squat down as in a normal squat, but as you explode up, jump and cross your legs. Repeat alternating which leg is in front.

Step-Up with Single-Arm Overhead Press

Stepping up onto a bench with your right leg, extend your right arm over your head like you're doing an overhead press keeping your elbow pointed forward; As you step up and extend your right leg, bring your left leg up so your left knee is bent at a 90-degree angle.

WEEK 8 EXERCISE GLOSSARY

Straight-Leg Deadlift with Upright Row

This is the same as a straight-leg dead lift, but when you come back to neutral, you'll continue pulling your weights up to your chin and then back down to the front of your hips to repeat. Remember to lead up with your elbows high in the air.

Upper Plank Ceiling Reach then Wrap Around and Try to Touch Your Back

Starting in side plank (supported on one arm and the outside of one foot), reach toward the sky with the hand that's not supporting you; Then wrap that hand underneath you, so you touch your back.

Upper Plank Rows

Starting in upper plank with the inside of your wrists facing in, rest your hands on your weights instead of the ground. One at a time, bring your arm (and weight) up to a row, then back down to switch arms. Repeat.