

ALPINE SKIING WORKOUT



TRAIN LIKE AN OLYMPIAN

WARM UP - COMPLETE TWICE

Exercise	Reps
Bodyweight Squats	10
Walking Lunges	5 per leg
Bird Dogs	10 per side
Dead Bugs	10 per side
Bent-knee "Windshield Wipers"	10 per side
Static Hip Bridge	Hold for 20 seconds

WORKOUT CIRCUIT - COMPLETE THREE TIMES

Rest for two minutes between circuits; increase intensity with an additional circuit or shorter rest periods between circuits.

Exercise	Reps
Squats	20
Plyometric Push-Ups (using a bench or chair)	20
Prone Plank	30-45 seconds
Jumping Jacks	20
Walking Lunges	10 per leg
Superman	15
Tabata Squat Sequence (squat for 20 seconds, rest for 10 seconds)	8 sequences (4 minutes total)
Crunches	20
Mountain Climbers	10 per leg
Lateral Lunges (step to side)	10 per leg
Single Leg, Close Stance Push-Ups	10 per leg
Bicycle Abs	15 per side
Burpees	8

COOL DOWN - COMPLETE ONCE

Static flexibility; hold stretch on each side for a slow count of 10.

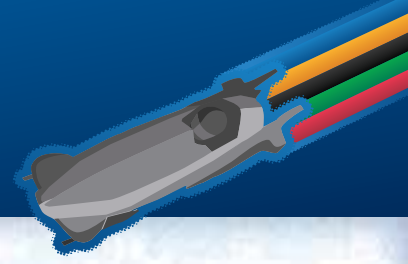
Calf Stretch	Hamstring Stretch
Standing Hip Flexor Stretch	Lower Back Stretch
Latissimus Dorsi (Lat) Stretch	Chest Stretch

Please consult your physician before performing these exercises or any physical activity.



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BOBSLEDDING WORKOUT



TRAIN LIKE AN OLYMPIAN

WARM UP - COMPLETE TWICE

Exercise	Reps
Bodyweight Squats	10
Walking Lunges	5 per leg
Bird Dogs	10 per side
Dead Bugs	10 per side
Bent-knee "Windshield Wipers"	10 per side
Static Hip Bridge	Hold for 20 seconds

WORKOUT CIRCUIT - COMPLETE THREE TIMES

Rest for two minutes between circuits; increase intensity with an additional circuit or shorter rest periods between circuits.

Exercise	Reps
Squats	20
Plyometric Push-ups (using a bench or chair)	20
Prone Plank	30-45 seconds
Box Blasts	10 per leg
Jumping Jacks	20
Walking Lunges	10 per leg
Superman	15
Crunches	20
Mountain Climbers	10 per leg
Lateral Lunges (step to side)	10 per leg
Single Leg, Close Stance Push-ups	10 per leg
Bicycle Abs	15 per side
Drop Lunges	8 per leg
Burpees	8
Clap Push-Ups	8

COOL DOWN - COMPLETE ONCE

Static flexibility; hold stretch on each side for a slow count of 10.

Calf Stretch	Hamstring Stretch
Standing Hip Flexor Stretch	Lower Back Stretch
Latissimus Dorsi (Lat) Stretch	Chest Stretch

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FIGURE SKATING WORKOUT



TRAIN LIKE AN OLYMPIAN

WARM UP - COMPLETE TWICE

Exercise	Reps
Bodyweight Squats	10
Walking Lunges	5 per leg
Bird Dogs	10 per side
Dead Bugs	10 per side
Bent-knee "Windshield Wipers"	10 per side
Static Hip Bridge	Hold for 20 seconds

WORKOUT CIRCUIT - COMPLETE THREE TIMES

Rest for two minutes between circuits; increase intensity with an additional circuit or shorter rest periods between circuits.

Exercise	Reps
Squats	20
Plyometric Push-ups (using a bench or chair)	20
Prone Plank	30-45 seconds
Jumping Jacks	20
Walking Lunges	10 per leg
Superman	15
Crunches	20
Single Leg Hops with Quarter Turn (with each hop, turn 90 degrees and stick your landing)	4 hops clockwise; 4 hops counter-clockwise
Mountain Climbers	10 per leg
Lateral Lunges (step to side)	10 per leg
Single Leg, Close Stance Push-ups	10 per leg
Bicycle Abs	15 per side
Burpees	8
Cross-over Lunges (cross in front)	10 per leg

COOL DOWN - COMPLETE ONCE

Static flexibility; hold stretch on each side for a slow count of 10.

Calf Stretch	Hamstring Stretch
Standing Hip Flexor Stretch	Lower Back Stretch
Latissimus Dorsi (Lat) Stretch	Chest Stretch

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ICE HOCKEY WORKOUT



TRAIN LIKE AN OLYMPIAN

WARM UP - COMPLETE TWICE

Exercise	Reps
Bodyweight Squats	10
Walking Lunges	5 per leg
Bird Dogs	10 per side
Dead Bugs	10 per side
Bent-knee "Windshield Wipers"	10 per side
Static Hip Bridge	Hold for 20 seconds

WORKOUT CIRCUIT - COMPLETE THREE TIMES

Rest for two minutes between circuits; increase intensity with an additional circuit or shorter rest periods between circuits.

Exercise	Reps
Squats	20
Plyometric Push-ups (using a bench or chair)	20
Prone Plank	30-45 seconds
Jumping Jacks	20
Walking Lunges	10 per leg
Superman	15
Crunches	20
Mountain Climbers	10 per leg
Lateral Lunges (step to side)	10 per leg
Single Leg, Close Stance Push-ups	10 per leg
Bicycle Abs	15 per side
Burpees	8
Wall Sit with Medicine Ball Squeeze	30 seconds
Russian Twists	10 per side
Push-Ups	20

COOL DOWN - COMPLETE ONCE

Static flexibility; hold stretch on each side for a slow count of 10.

Calf Stretch	Hamstring Stretch
Standing Hip Flexor Stretch	Lower Back Stretch
Latissimus Dorsi (Lat) Stretch	Chest Stretch

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SNOWBOARDING WORKOUT



TRAIN LIKE AN OLYMPIAN

WARM UP - COMPLETE TWICE

Exercise	Reps
Bodyweight Squats	10
Walking Lunges	5 per leg
Bird Dogs	10 per side
Dead Bugs	10 per side
Bent-knee "Windshield Wipers"	10 per side
Static Hip Bridge	Hold for 20 seconds

WORKOUT CIRCUIT - COMPLETE THREE TIMES

Rest for two minutes between circuits; increase intensity with an additional circuit or shorter rest periods between circuits.

Exercise	Reps
Side Leg Raise with Static Hold	10 per leg (hold each raise for two seconds)
Squats	20
Plyometric Push-ups (using a bench or chair)	20
Prone Plank	30-45 seconds
Jumping Jacks	20
Walking Lunges	10 per leg
Superman	15
Crunches	20
Mountain Climbers	10 per leg
Lateral Lunges (step to side)	10 per leg
Single Leg, Close Stance Push-Ups	10 per leg
Bicycle Abs	15 per side
Burpees	8
Side Planks	10 per side

COOL DOWN - COMPLETE ONCE

Static flexibility; hold stretch on each side for a slow count of 10.

Calf Stretch	Hamstring Stretch
Standing Hip Flexor Stretch	Lower Back Stretch
Latissimus Dorsi (Lat) Stretch	Chest Stretch

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SPEED SKATING WORKOUT



TRAIN LIKE AN OLYMPIAN

WARM UP - COMPLETE TWICE

Exercise	Reps
Bodyweight Squats	10
Walking Lunges	5 per leg
Bird Dogs	10 per side
Dead Bugs	10 per side
Bent-knee "Windshield Wipers"	10 per side
Static Hip Bridge	Hold for 20 seconds

WORKOUT CIRCUIT - COMPLETE THREE TIMES

Rest for two minutes between circuits; increase intensity with an additional circuit or shorter rest periods between circuits.

Exercise	Reps
Squats	20
Plyometric Push-Ups (using a bench or chair)	20
Speed Skaters	10 per side
Prone Plank	30-45 seconds
Jumping Jacks	20
Walking Lunges	10 per leg
Superman	15
Crunches	20
Single Leg Box Squats	10 per leg
Mountain Climbers	10 per leg
Lateral Lunges (step to side)	10 per leg
Single Leg, Close Stance Push-Ups	10 per leg
Bicycle Abs	15 per side

COOL DOWN - COMPLETE ONCE

Static flexibility; hold stretch on each side for a slow count of 10.

Calf Stretch

Standing Hip Flexor Stretch

Latissimus Dorsi (Lat) Stretch

Hamstring Stretch

Lower Back Stretch

Chest Stretch

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