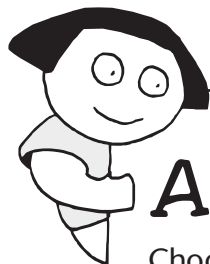


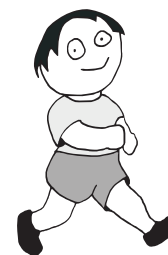
# Pre Ski & Ride Prep



## Activity List

Choose your fitness exercises from this list of activities. You may choose different activities each day that you exercise or do the same activities each day. Do three aerobic workouts, two strength workouts, and one skill workout per week.

1. Complete at least 3 "aerobic workouts" per week. That means you'll do 18 aerobic workouts during a 6-week training period.
2. Complete at least 2 "strength workouts" per week. That means you'll do 12 strength workouts during the 6 week training period. Each strength workout should include one upper body, one lower body, and one core strength exercise.
3. Complete at least 1 "skill workout" per week. That means you'll do 6 skill workouts during the 6-week training period. If you are participating in the 4th Grade Ski Fitness Program, one of the 6 skill workouts can be the pre-ski lesson with a ski specialist. Other agility and balance drills can be chosen from the activity list.



## 1. Aerobic

### Aerobic Activity List

Each activity should be performed for the specified amount of time in order for it to count as one "aerobic workout."

### Do these activities for 15-25 minutes

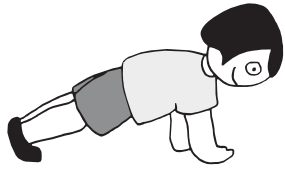
Running                      Walking                      Bicycling  
Running/walking combination  
Aerobic games in PE class

### Do these activities for 20-30 minutes

Soccer	Football
Basketball	Volleyball
Hockey	Ice-skating
Swimming	Rollerblading
Hiking	Lap swimming
Aerobics	Dancing
Gymnastics	Cross-country skiing

### Do these activities for longer times

Tennis 30-40 minutes (there's more standing around in tennis)  
Downhill ski training 2-3 hours



## 2. Strength

### Strength Training Activity List

Each strength workout should include one core strength exercise, one leg strength exercise, and one upper body strength exercise.

### Core Strength Exercises

Choose one exercise and perform the suggested number of repetitions. Start with lower numbers and work your way to higher numbers.

#### Bent Knee Curl-ups

Cross arms on chest, tighten stomach muscles and lift shoulders; hold 6 seconds. Do 8-20 times (1 set) for 1-2 sets.

#### Bent Knee Sit-ups

Cross arms on chest, tighten stomach muscles and rise up to touch elbows to thighs. Do 8-20 times (1 set) for 1-2 sets.

#### Reverse Curl-ups

Lift knees to chest and raise hips off the floor, do not let knees go past shoulders. Do 8-20 times (1 set) for 1-2 sets.

### Leg Strength Exercises

Choose one exercise and perform for the suggested number of repetitions or minutes.

#### Wall-sit

Put back against a wall and lower body to a sitting position, lower yourself until you have a 90-degree bend in your knees. Your thighs should be parallel to the floor. Do not go below a 90-degree bend in your knees. Hold for 15-45 seconds and rest for 15-45 seconds. Repeat 4-20 times.

#### Lunge walk

Walk forward, alternating with your right leg forward and then your left leg forward, so that the front leg has a 90-degree bend in it. Your thigh should be parallel to the floor. Do not go below a 90-degree bend in your knees. Walk for 1 min. and rest for 1 min. Do 4-8 minutes of lunge walks.

#### Leg Squats

Place your rear foot and ankle on a chair, step, box, or rail for support. Place your front foot 1 to 2 feet ahead of the chair and bend the front leg until your thigh is parallel to the floor. Slowly return to starting position. Do 8-20 squats on each leg (one set) for 1-2 sets.

#### Partner Leg Press

Sit in a chair with one leg at a 90-degree bend and your foot resting against your partner's hand. Slowly extend your leg to a straight position but not locked position as your partner offers resistance (pushes back on your leg, but not so hard that you cannot extend).

### Upper Body Strength Exercises

Choose one exercise and perform for the suggested number of repetitions.

#### Push-ups

Support your body on hands and toes or hands and knees (easier); slowly lower your body to the floor, keeping your back straight. Push up with arms and return to starting position. Do 8-20 times (one set) for 1-2 sets.

#### Pull-ups

Hang fully extended from a chin-up bar with feet free from the floor. Use an underhand or an overhand grasp, and raise body until chin clears the bar. Then lower body to starting position. Do as many as possible.

#### Flexed Arm Hang

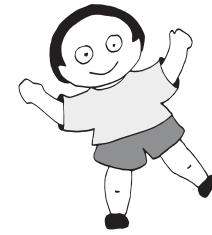
Hang from a chin-up bar with your arms in a flexed position for as long as you can. Repeat 4-10 times.

#### Monkey Bar Walk

Walk hand-over-hand on the monkey bars for the entire length of the bars. Repeat 2-8 times.

#### Crab Push-ups

With stomach facing the ceiling, support the body on hands and feet with knees bent and arms straight. Bend elbows and lower buttocks to the floor. Straighten arms and return



## 3. Skills

### Skill and Agility Activity List

Choose one to two exercises for each training session and perform the suggested number of repetitions to equal one "skill workout."

#### Karate Kid

One-legged balance stands in "karate kid" position (place free foot on the side of the balancing leg). Balance on each leg for 20-60 seconds. Repeat on each leg 4-8 times.

#### Backwards Run

Run backwards from start to finish for approximately 50 yards. Concentrate on staying low and pumping shoulders and arms. If possible, find a hill. Backpedal up the hill and walk back down. Repeat 4-8 times.

#### Grapevine

Run sideways, crossing left leg in front of right and right leg in front of left and so on. Continue the drill for 30-60 seconds. Rest 30-60 seconds. Repeat 4-8 times.

#### Skiers Jumps

With feet together, jump laterally from right to left and left to right. Make motions as smooth as possible and keep upper body movement to a minimum. Make it harder by jumping over a pillow or other object. Continue the drill for 30-60 seconds. Rest 30-60 seconds. Repeat 2-4 times.

#### Lateral Leaps

Place two hoops or tape markers on the floor and hop back and forth from one hoop or marker to the other by springing from one foot to the other. Stay balanced over arch of foot and keep upper body quiet. Continue the drill for 30-60 seconds. Rest 30-60 seconds. Repeat 2-4 times.

#### Hopping, Skipping, Leaping, Rope Skipping

Perform one of these movements for approximately 50 yards. Walk back to start. Repeat 4-8 times.