

## **SKI SCHOOL TRAINING SESSIONS 2018**

### **THURSDAY MORNING**

**WARMUP – Basic warmup exercises**

**AMRAP – 7 MINUTES EACH WORKOUT**



#### **WORK OUT 1 – 7 minutes**

##### **Cardio**

20 x skips

10 x burpees

4 x shuttle runs

20 x jump squats

#### **WORK OUT 2 – 7 minutes**

##### **Core**

20 x sit ups

20 x toe touches

20 x flutter kicks

20 x leg raises or V-Sits

#### **WORK OUT 3 – 7 minutes**

##### **Legs**

20 x squats

20 x squat pulse or squat pulse jump

20 x crab walk

20 x squat jumps

#### **WORK OUT 4 - 7 minutes**

##### **Weighted**

20 x Push press (Using medicine balls etc with an appropriate weight for age)

Using a small dumbbell (or a can of fruit)

20 forward turns

20 circles forward

20 circles backward

20 pulses

## **FRIDAY MORNING**

**WARM UP** – Nut Bush Dance (on the road – 3 lines)

**AMRAP – 7 MINUTES EACH WORKOUT**

**WORK OUT 1 – 7 Minutes**

**Boxing – in pairs**

20 x straight punches

20 x upper cuts

20 x hooks

20 x high punches

**WORKOUT 2 - (use boulders)**

20 x pushups (knees or toes)

20 x triceps dip

20 x

50 x skips

**WORKOUT 3 – 7 minutes**

Sprints up the hill, jog slowly down the hill

**WORKOUT – 7 minutes**

20 x Volley ball slam

20 x duck and weave jump

20 x frog jumps

20 x crab walks

**WALL SIT CHALLENGE IN MEMORY OF THE CHAMPION WALL SITTER – BLAKE TICKELL**

