

Week 1 Snowboard Training

Week 1	Warm up	Strength Movements	Conditioning
Trunk Stability	2 Rounds	4 Rounds - 2 Minute Cycle	5 RFT
	6 Reverse Lunge to Hamstring Stretch	16 Alternating Lunges	20 Tuck Ups
Warm Up	10 Cossack Squats	10 Sit Ups	12 Bird Dog Crunches
Strength Movement	6 Reverse Lunge Overhead Reach	8 Push Ups	12 Bridges
Conditioning	10" Lay Down Squeeze Tight		12 Squat Jumps
	10 Good Morning		20 Mountain Climbers
Landing	3 Rounds	4 Rounds - 3 Minute Cycle	4 Minute AMRAP x 2
	8 Air Squat Bounces	6 Tall Kneel Fallback	10 Air Squats
Warm Up	10 Soccer Walks	10 Single Heel Let Downs	10 Lateral Snap Downs
Strength Movement	8 Bottoms Up	10 Single Leg Reverse Bridges	10 Snatch and Snap Downs
Conditioning	10 Single Leg Deadlifts	6 Slow Reverse Sit Ups	
	10 Snap Downs		2 Minute Rest, and Repeat
Strengthening	3 Rounds	4 Rounds - 2 Minute Cycle	ULFT - 2/2, 4/4,...,20/20
	12 Leg Swings Front to Back	16 Single Leg Deadlifts	Sumo Dead Lift Unilateral High Pull
Warm Up	12 Leg Swings Side to Side	8 Goblet Squats	Unilateral Overhead Press
Strength Movement	6 Side Shuffle Touch Downs	10 Jumping Jacks	
Conditioning	10 Bear Crawl Rocks		
Trunk Rotation	2 Rounds	5 Rounds - 2 Minute Cycle	10 Minute AMRAP
	10 T Rotations	8 Side Plank Rotations	20 V Taps
Warm Up	10 Hand Kicks	8 Alternating Crossbody Clean and Squat	30 Down Dog Alternating Foot Taps
Strength Movement	10 Star Rotations	12 Around The Worlds	40 Criss Cross Jumps
Conditioning	10 Scorpions		
	10 Twisted Plank with Reach		
Jumping	3 Rounds	3 Rounds - 3 Minute Cycle	4 RFT
	10 Knee to Chest Pulls	8 Squat Jumps	20 Forward and Back Jumps
Warm Up	10 Arm Circles Forward	8 Good Mornings	10 Mountain Climbers
Strength Movement	10 Arm Circles Backward	8 Lunge Jumps	20 Side to Side Jumps
Conditioning	10 Worlds Greatest Stretch	8 Depth Jumps	10 Mountain Climbers
	10 Narrow Swings	8 Unilateral Snatches	20 Box Jumps
			10 Mountain Climbers
Balance	3 Rounds	3 Rounds	Burpee ULFT
	10 March to Hip Extension	20 Alternating Plank Reachers	10 Single Leg Dead Lift
Warm Up	10 Single Leg Deadlifts Openers	10" Superman	10 Star Fish
Strength Movement	20 Single Leg Head Rotations with Eyes Closed	10 Speed Skaters	10 Y Taps
Conditioning	20 Banded Side Steps	10 Lift to Side Plank	1, 2,..., 8 Burpees
	30" Plank		