

### Week 3 Snowboard Training

Week 3	Warm up	Strength Movements	Conditioning
<b>Trunk Stability</b>	<b>2 rounds</b>	<b>5 rounds - 2 minute cycle</b>	<b>DLFT+ - 16, 13, 10, 7, 4, 16</b>
	10" U Lay Down Squeeze Tight x 2	12 Air Squat Jumps	Sit Ups
<a href="#">Warm Up</a>	6 Down Dog to Up Dog	12 Push Up to Plank Walks	Bridges
<a href="#">Strength Movement</a>	6 ATVT	12 Clean and Press	Dead Bugs
<a href="#">Conditioning</a>	20 Cross Body Reaches		Russian Swings
	20 Twisted Plank with Reach		Push Ups
<b>Landing</b>	<b>3 Rounds</b>	<b>4 Rounds - 3 minute cycle</b>	<b>10 minute AMRAP</b>
	8 Snap Downs	8 Tall Kneel Fallback	16 Lunge Snap Downs
<a href="#">Warm Up</a>	8 Single Leg Deadlifts	8 Single Heel Let Downs	16 Depth Drops
<a href="#">Strength Movement</a>	8 Pigeon Press Backs	8 Single Leg Reverse Bridges	16 Snatch and Snap Downs
<a href="#">Conditioning</a>	8 Squat Break Downs	8 Snatches	16 Air Squats
	8 Push Up Calve Stretch		
<b>Strengthening</b>	<b>3 Rounds</b>	<b>4 Rounds - 2 minute cycle</b>	<b>5 RFT</b>
	12 Worlds Greatest Stretch	10 Plyo Pushups	16 Bent Over Row
<a href="#">Warm Up</a>	12 Cossack Squats	10 Lunge Jumps	16 Push Up Shoulder Taps
<a href="#">Strength Movement</a>	8 Back Pedal Push Offs	10 Sumo Deadlift High Pull	16 Single Leg Deadlift
<a href="#">Conditioning</a>	8 Hand Push and Pull - 8" hold		16 Goblet Squats
	20 Bear Crawl Steps		
<b>Trunk Rotation</b>	<b>2 Rounds</b>	<b>4 Rounds - 2:30 Cycle</b>	<b>10 minute AMRAP</b>
	20 Hip Circles	12 Side Plank Rotations	30 V Taps
<a href="#">Warm Up</a>	20 Shoulder Rolls	12 Alternating Crossbody Clean and Squat	10 Burpees
<a href="#">Strength Movement</a>	20 Knee Circles	16 Around The World	15 180 Jumps
<a href="#">Conditioning</a>	20 Ankle Rolls		20 Diagonal Chops
	20 Neck Circles		
	20 Clam Shells		
<b>Jumping</b>	<b>3 Rounds</b>	<b>4 Rounds - 2:30 Cycle</b>	<b>4 RFT</b>
	20 Lunge Toe Taps	16 Snatches	10 Star Drill Jumps
<a href="#">Warm Up</a>	15 Phelps Swings	16 Bicep Curls	10 Air Squats
<a href="#">Strength Movement</a>	20 Long Stride Lunges	16 Reverse Lunges	10 Bridges
<a href="#">Conditioning</a>	8 Forward and Backward Runs - 20'		10 Air Squats
			10 Good Mornings
			10 Air Squats
<b>Balance</b>	<b>3 Rounds</b>	<b>3 Rounds - 3 Minute Cycle</b>	<b>ULFT - 4, 8, ..., 24</b>
	20 March to Hip Extension	20" Bird Dog x 2	Criss Cross Jumps
<a href="#">Warm Up</a>	20 Single Leg Deadlift Openers	10 Log Rolls	Curtsy Lunge
<a href="#">Strength Movement</a>	20 Single Leg Hops	20 Squat Side Steps	Tuck Ups
<a href="#">Conditioning</a>	40" Plank	20 Single Leg Deadlift Snap Ups	Tandem Lunges