

## Week 2 Snowboard Training

Week 2	Warm up	Strength Movements	Conditioning
<b>Trunk Stability</b>	<b>3 Rounds</b>	<b>4 Rounds - 3 Minute Cycle</b>	<b>DLFT</b>
	6 Bounce Squats	8 Alternating Spider Man Push Ups	<b>30, 20, 10, 8, 6, 4</b>
<a href="#">Warm Up</a>	6 Alternating Reverse Lunge Overhead Reach	10 Long Stride Lunges	Clean and Press
<a href="#">Strength Movement</a>	6 Bottoms Up	8 Double Mountain Climbers	<b>16, 12, 8, 6, 4, 2</b>
<a href="#">Conditioning</a>	6 Alternating Figure 4 Squats	10 Windmills	Bent Over Row
<b>Landing</b>	<b>3 Rounds</b>	<b>4 Rounds - 4 Minute Cycle</b>	<b>DLFT - 20, 16, 12, 8, 4</b>
	10 Alternating Knee to Chest Pulls	16 Single Heel Let Downs	Single Leg Deadlift
<a href="#">Warm Up</a>	20 Hip Circles	12 Side Shuffle and Stick	Ollie Snap Downs
<a href="#">Strength Movement</a>	10 Alternating Pyramid Steps	12 Tall Kneel Fall Backs	Reverse Lunge with Overhead Load
<a href="#">Conditioning</a>	20 Knee Circles	16 Side Lunge Presses	Single Side Snatches
	12 Snap Downs		
<b>Strengthening</b>	<b>3 Rounds</b>	<b>6 Rounds - 2:30 Cycle</b>	<b>AMRAP - 10 minutes</b>
	10 Center Wood Chops	8 American Swings	15 Jumping Jacks
<a href="#">Warm Up</a>	10 Squat Jumps	8 Push Ups	10 Alternating Russian Swings
<a href="#">Strength Movement</a>	5 Burpees	8 Overhead Pulls	10 180 Hops
<a href="#">Conditioning</a>	10 Mountain Climbers	100' Farmers Walk - Both Sides	10 Star Fish
<b>Trunk Rotation</b>	<b>3 Rounds</b>	<b>5 Rounds - 2:30 Cycle</b>	<b>ULFT - 10, 12,..., 20</b>
	10 Sidelying 90-90 Stretches	10 Side Plank Marches	Push Up Side Hops
<a href="#">Warm Up</a>	10 Quadruped Lower Trunk Rotations	10 Single Leg Deadlift Openers	Table Top Flips
<a href="#">Strength Movement</a>	10 Quadruped Thread the Needle	10 Half Kneel Diagonal Press	Bicycle Crunch
<a href="#">Conditioning</a>	10 Half Kneel Overhead Reaches	10 Legs Over the Top	Standing Side Crunch
<b>Jumping</b>	<b>2 Rounds</b>	<b>3 Rounds - 3 Minute Cycle</b>	<b>5 RFT - Round Robin with 20s</b>
	20 Leg Swings Front to Back	10 Alternating Clean and Squat	10 Sumo Deadlift High Pull
<a href="#">Warm Up</a>	20 Leg Swings Side to Side	10 Box Jumps	10 Knee to Chest Jumps
<a href="#">Strength Movement</a>	20 Alternating Knee to Chest Pulls	10 Reverse Lunge and Press	10 Goblet Squats
<a href="#">Conditioning</a>	20 Reverse Lunge to Kick	20 High Skips	10 Heel to Butt Jumps
	20 Snap Downs		10 Alternating Reverse Lunges
<b>Balance</b>	<b>4 Rounds</b>	<b>4 Rounds - 2:30 Cycle</b>	<b>Burpee ULFT</b>
	10 Heel and Toe Rock in Squat	16 Leg Sweepers	2, 4,..., 12 Burpees
<a href="#">Warm Up</a>	20 Tandem Steps with Eyes Closed	16 Single Leg Deadlift Squats	40 Heel Walk Steps
<a href="#">Strength Movement</a>	4 Inch Worms	24 Lunge Toe Taps	30 Diagonal Chops
<a href="#">Conditioning</a>	10 Y taps		20 Speed Skater