

Total Skiing Fitness



Functional Training for Skiers Bodyweight Program

Clayton Beatty BSc CPT
The Extreme Sport Fitness Coach

www.TotalSkiingFitness.com

About Clayton Beatty & Total Skiing Fitness



My name is Clayton Beatty and I am a Certified Personal Trainer with a Bachelors Degree in Exercise & Health Science.

I specialize in functional fitness training programs for extreme sport athletes – check out my websites at

www.ExtremeSportFitness.com and www.TotalSkiingFitness.com.

Like yourself, I have a passion for skiing and I am using my expertise to help other skiers perform at their peak.

Total Skiing Fitness is your complete functional training guide to help get your body in the best physical condition to hit the snow.

Please email me your feedback on how Total Skiing Fitness improves your skiing this season.

See you on the slopes...

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Disclaimer

Before you start this exercise program you must get your doctor/physicians approval. This product is for informational purposes only and is not meant as medical advice, nor is it a substitute for medical advice. This program is designed for fit and healthy individuals over the age of 18 only.

Performing exercise of all types can pose a risk to the exerciser. We advise that you should take full responsibility for your own health and safety. Before exercising make certain your equipment is in good condition and be sure to know your own physical limits. Adequate warm up and cool downs should be undertaken before and after any exercise.

Do not perform any of the exercises in this program until you have been shown proper technique by a qualified fitness professional. If you experience any pain, discomfort, lightheadedness, dizziness or you become short of breath, stop exercising immediately and consult your doctor/physician.

Program Guidelines

This is a bodyweight functional training program for skiers.

The purpose of this program is to get your body used to functional training exercises and movements that are used in the full version of Total Skiing Fitness – Functional Training for Skiers.

The workout should be done twice a week for 2 weeks. Your body should then be ready to start the full program.

If you don't yet have a copy of the full version, visit www.totalskiingfitness.com.

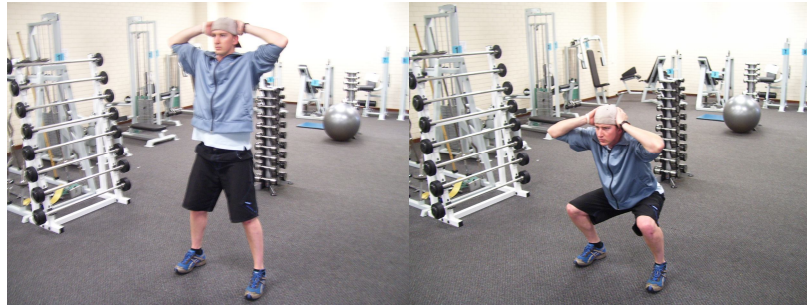
Perform the following exercises in a circuit 3 times through, taking short rest breaks as needed.

Exercise	
Bodyweight Squat	Reps – 15
Push-up	Reps – 15
Bridge	Time – 45 seconds
Split Squat	Reps – 8 each leg
Side Bridge	Time – 30 seconds per side

Finish by stretching tight muscle groups.

Bodyweight Squat

- Stand with your feet shoulder width apart or slightly greater and hands behind your head.
- Keep your back flat, bent from your knees and as you squat push your hips back and push your bodyweight through your heels as if you are sitting down onto a chair.
- Your knees should go over the top of your feet.
- Squat down till your thighs are parallel with the ground, then slowly return to the start position.



Push-Up

- Start with your hands slightly wider than shoulder width apart and in line with the middle of your chest.
- Keeping your body straight, lower yourself until your nose is about to touch the ground and then push back up to the start position.
- You can perform these on your knees instead if you like.



Bridge

- Support your weight on your toes and forearms creating a straight bridge with your body.
- Draw in your abdominals toward your spine and hold this throughout the exercise for the required time.



Split Squat

- Start in a lunge position with one foot in front of the other.
- Keeping your body in an upright position, lower your back knee towards the ground stopping just short of touching.
- Your front knee should end up directly over your ankle.
- Push back up to the start position.



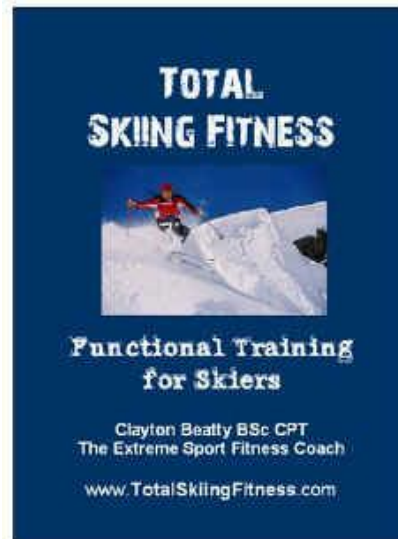
Side Bridge

- Lying on your side, support your weight on your foot and forearm creating a straight bridge with your body.
- Draw in your abdominals toward your spine and hold this throughout the exercise for the required time.



Total Skiing Fitness - Functional Training for Skiers

- Once you have done this bodyweight workout for 2 weeks, you are ready to start the Level 1 Total Skiing Fitness program.



- The functional training exercises in the program will help turn your body into a skiing machine.
- Total Skiing Fitness incorporates core strength, balance, upper & lower body strength, cardiovascular endurance and flexibility.
- To get hold of your copy, visit www.totalskiingfitness.com.