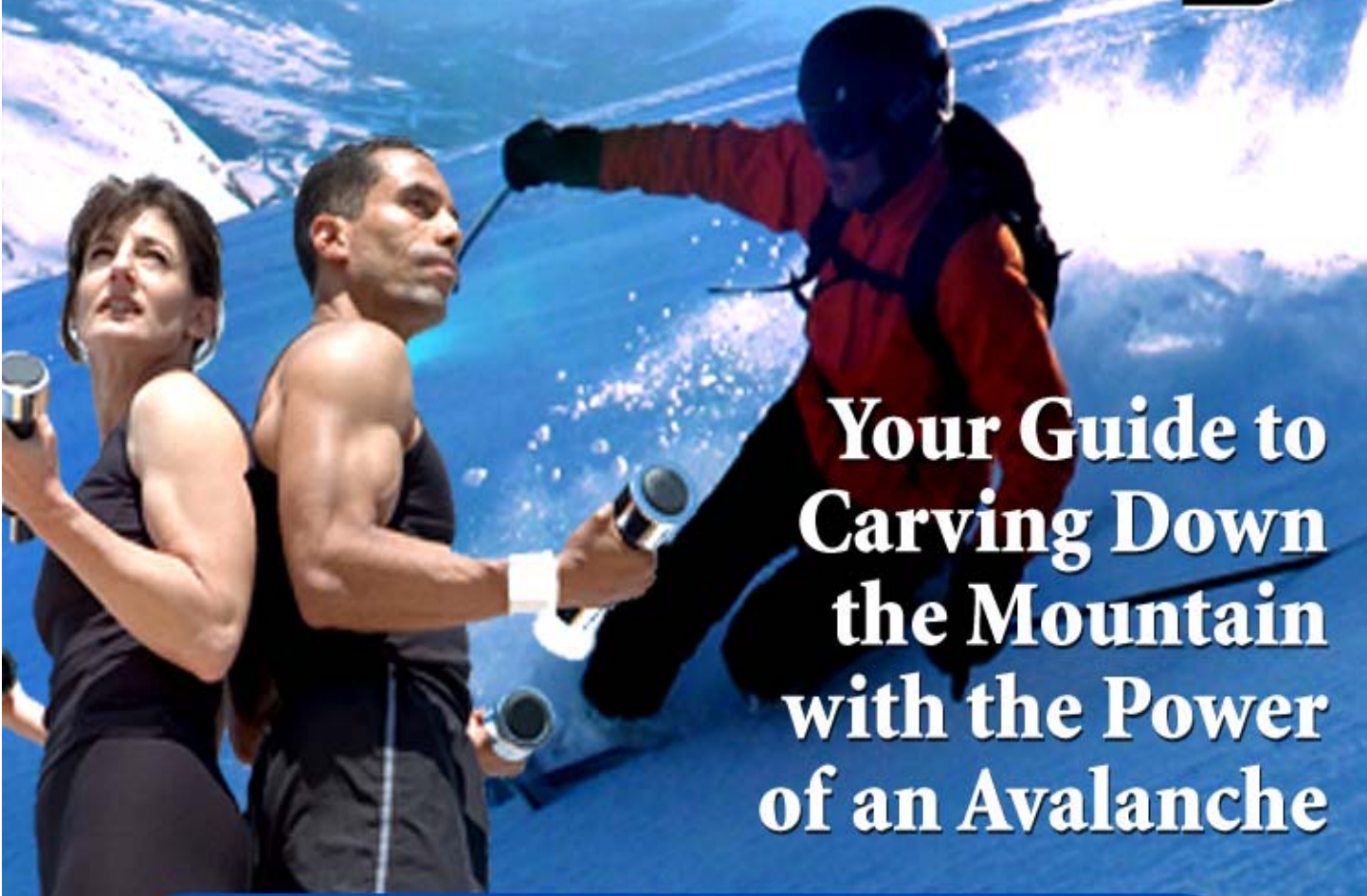


Michael Geary

Avalanche Ski Training



**Your Guide to
Carving Down
the Mountain
with the Power
of an Avalanche**

AvalancheSkiTraining.com

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Avalanche Ski Training

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READ FIRST

I initially set out to research ski-specific exercises for my own selfish reasons. As you can tell from my story on the home page of my AvalancheSkiTraining.com website, it was quite a mystery to me why I always struggled so much with my legs and back turning to “jello” while skiing, despite the fact that I pretty much stay in great shape year-round.

Nothing is more frustrating for powder-hounds like us to be out on the slopes during an epic skiing day and your legs are so fatigued you have to call it quits hours before the lifts close.

How could this happen? I work out all the time, play sports, and I always kept my legs extremely strong... yet for some reason, my legs could never handle more than a half day of skiing before I'd start getting extreme leg fatigue, back weakness, and deep leg burn. This would start to affect my skiing as I'd start to stumble due to the fatigue, as well as needing to stop for more frequent rest breaks, all of which would shorten the amount of quality skiing that I wanted to get in.

If it was a powder day, this was even more frustrating, as I wanted to get every last minute of killer skiing in that I could! Nobody wants to miss even 1 minute of an amazing powder day!

So I started doing some research on ski-specific exercises and was startled to find that there was an obvious lack of quality information available on the web and in skiing publications. Plus, most information I did find on the web on fitness programs for skiers was, for the most part, outdated and recommended some of the worst exercises and protocols I could ever imagine! Not only did some of these sites recommend exercises and machines that may actually INCREASE your

chances of injury, but they were also using exercises that don't even effectively carry over to skiing that well.

For example, I even saw several sites recommending machine leg curls, leg extensions, and leg presses as "3 of the most important exercises for skiers". This is insane... Those are actually the 3 WORST exercises any skier could ever do, which not only don't carry over to skiing, but could even lead you to injury! I'll explain why in a little bit.

So, being a professional trainer myself, I started extensively researching the most appropriate exercises and exercise sequencing, modalities, and combinations that would yield the results we were looking for out of this project:

1. Improved leg and core strength to be able to control the body's movements more powerfully as you move down the mountain in various positions
2. Increased muscular endurance specifically in the legs and lower back to improve your ability to ski longer and harder with less rest required throughout the day
3. Improved agility and quickness to be able to better handle quick lateral movements such as in moguls or glades skiing
4. Reduced risk of injury through proper joint mobility and appropriate muscular balance between opposing muscle groups

Therefore, focusing on those goals stated above, the rest of this book will teach you everything you need to know to improve your strength, agility, speed, endurance, and resistance to injury...and do it in the most effective fashion for skiers. Once you master this, you'll be able to combine your newly conditioned

body with your skiing ability and start to DOMINATE the mountain like you've never experienced before in your life!

Keep in mind, when we get to the part of the book where I present the actual exercises and recommended programs to follow, there are options for people that don't have access to a gym (need to workout at home), as well as gym-based workouts with typical equipment available at most commercial gyms. Also, I'll further breakdown workout examples for people that only want to use bodyweight exercises and don't even have access to dumbbells, a stability ball, or step boxes.

One of the most important things that I'll show you is what I call the "Fab-5" exercises for all skiers. These can be done with just bodyweight exercises and a dumbbell and are what I would consider essential exercises for all skiers.

You'll see in the exercise details and workout sections that I'm going to give options for everybody, regardless of your available equipment, so I don't want to hear any **whiny complaints** from anybody out there saying they don't have any equipment, so they can't do anything. I will qualify that you will get the best results if you at least have a few dumbbells available. In addition, for some drills, a box or step apparatus for stepping and jumping exercises, as well as a stability ball can be beneficial.

However, even if you don't have anything available other than just your bodyweight, you can still get great results with just that, and I'll show you how.

Alrighty then, onward we go...

TABLE OF CONTENTS

1. Why You Should Not Use Machine-Based Exercises	1
2. No Wall Squats Please!	2
3. The Eccentric Nature of Skiing Movements	3
4. The Lateral Movements of Skiing	4
5. The Work-Rest Aspect of Skiing & Muscular Endurance	5
6. Building Proper Joint Health & Muscular Balance to Avoid Injury	5
7. Core & Back Training to Complete the Package of a Fully Conditioned Skier	7
8. The Simplest Routines That Every Skier Should Know – “The Fab-5”	8
9. The “Fab-5” Exercises Detailed	11
10. Accessory Exercises	16
11. The Barbell Lifts (Optional, But Recommended)	37
12. Off-Season Training	43
13. Additional Options for Pre-Season or On-Season Routines	47
14. Final Thoughts and Suggestions	51

1. Why You Should Not Use Machine-Based Exercises

One of the biggest flaws that I've seen in many skier conditioning programs out there is that they are typically made up of a lot of machine-based exercises such as leg extensions, leg curls, leg presses, smith machine squats/lunges, adductor/abductor machines, and so on.

BIG MISTAKE!!!

Let's straighten some things out right off the bat so you know why you should avoid machine based exercises and **ONLY** focus on free weight exercises and bodyweight exercises.

First of all, machine-based exercises almost **NEVER** follow biomechanically-correct movement patterns that mimic real life movements. Machines follow a fixed path of motion which simply does not correlate to improving your abilities in natural movements like skiing, which follow highly variable and individually-dependent movement patterns.

On the other hand, bodyweight-based exercises and free-weighted exercises such as squatting, lunging, jumping, stepping, pressing, pulling, deadlifting, etc, mimic everyday motions in natural movement patterns that actually carry over to improving sports ability and functional strength. Also consider that everyone's body is different, yet a machine can only follow one specific fixed line of motion. However, free weights can follow whichever movement path is most natural for your individual body characteristics.

There's just no comparison... when it comes to training your body for functional ability in skiing... free weights and bodyweight exercises rule over machines!

To make the story for machines worse... machines can often cause muscle and joint imbalances over time that can lead to injuries. Hopefully I've beaten a dead horse on this issue. Alright, free weights and bodyweight training it is for us skiers!

2. No Wall Squats Please!

It's kind of funny but almost every ski specific exercise program I see in magazines and on the web promotes wall sits (aka – wall squats) as one of the best exercises for skiers. I say FALSE! Here's why...

Wall squats are an "isometric hold" exercise meaning that you hold the muscle contraction in the same position for a certain duration (usually between 30-60 seconds). In the wall squat, you hold the bottom squat position with your thighs approximately parallel to the ground and your back against the wall, and hold the position for time.

One of the main reasons that this exercise doesn't carry over that well for skiing conditioning is that the muscles are only contracted at a 90° knee joint angle for the duration, so you're only training the muscles and joints at this specific joint angle.

However, the joint motions during skiing range greatly from slightly less than 90° all the way to nearly straight legs, with continuous motion throughout that range of motion. The isometric hold nature of the wall squat simply doesn't carry over that well to actual skiing.

Wall squats are certainly a better exercise than any machine-based exercises, but I didn't include them in our ski-specific training workouts, because I feel there are much more effective exercises to focus on.

3. The Eccentric Nature of Skiing Movements

No, I'm not referring to the unconventional behavior meaning of eccentric. This is the eccentric meaning regarding muscular movements.

Muscular movements can be broken down into concentric movements (the actual exertion against gravity or lifting portion of the movement), and eccentric movements (resisting gravity on the way down or the lowering portion). With an exercise such as squats, you're performing both the eccentric and concentric motions right after one another with lowering yourself down and rising back up.

If you notice with skiing, you start at the top of a mountain, so you can only go down, and by going down, you're performing all eccentric motion by lowering yourself the entire way down the mountain, resisting gravity the whole time by controlling your body movements during turns and bumps.

Eccentric motion is known to produce more muscle soreness and requires more muscular repair than concentric motion. To prepare your legs properly for skiing, they must be trained with ample amounts of eccentric motion. I'll explain more in a bit.

On the other hand, if you're a hiker, when you climb mountains, you're performing all concentric motion by lifting yourself up the mountain. On your descent back down the mountain, you're doing all of the eccentric motion.

Due to the eccentric nature of skiing, that is why lunges are such an amazing exercise for skiers... In particular, walking lunges involve a good emphasis on resisting your bodyweight on the lowering or eccentric portion of the exercise. Even better, jump-style lunges provide you with a good eccentric challenge to the muscles while also making it an explosive action, developing more power in your legs.

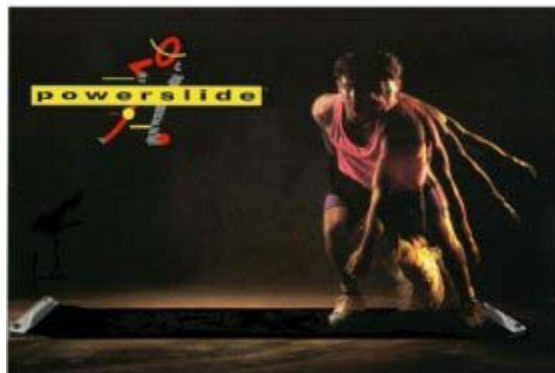
I consider jump-lunges to be one of the most important exercises you need to know for developing the best “ski legs” possible. Jump lunges are also going to obviously be the most applicable exercise for telemark skiers (but equally important for ALL skiers).

Descriptions and pictures of all exercises will be presented shortly. First, we have some more important details to understand.

4. The Lateral Movements of Skiing

Another aspect we'll want to focus some training on for our ski conditioning program is our lateral movements. This is what will make you quicker in the side to side movements such as with skiing the bumps or dicing quickly with ease through the trees in the glades.

A couple of the best exercises to work on your lateral strength and mobility will be lateral jumps on and off of a box step, as well as lateral hops across a line on the floor. If you have access to a [Slide Board](#), this is also an excellent exercise for your lateral strength and mobility. You can find Amazon slide boards [here](#):



Again, I'll show you complete descriptions and pics soon of all recommended exercises.

5. The Work-Rest Aspect of Skiing & Muscular Endurance

Skiing is one of the most perfect interval training workouts. If you think about the nature of the work you're doing while skiing, it involves working your entire lower body and core very hard for about 5-10 minutes at a time during your descents, followed by approximately 10-minute rest periods while you ride the lift back up.

For this reason, you really need to adapt your legs and lower back muscles to the muscular endurance nature of being able to absorb the constant 5-10 minute beatings that you give your lower body during each ski run.

Based on this 5-minute all-out endurance assault on your legs that skiing requires, I've developed a unique style of workout that caters almost exactly to what you will be putting your body through on the slopes and helps prepare you for this. I tested and refined this type of workout on myself as well as several of my skier trainees and we found this style of workout to be super-effective. I'll show you how to do this style of workout in a minute.

6. Building Proper Joint Health & Muscular Balance to Avoid Injury

One of the major problems I see with skiers is that a lot of people develop muscular imbalances over time, particularly by over-working the quadriceps and under-working the hamstrings. Skiing tends to be very quad-dominant, so we need to pay close attention to this in order to prevent muscular imbalances.

To help address this issue, I'll show you a couple VERY important exercises that every skier needs to do if they want to maintain proper muscular balance and reduce the risk of injury.

One of these KEY exercises is called the 1-legged Romanian deadlift (RDL). 1-legged RDLs should be a staple exercise of every skier or boarder. 1-legged RDLs help to balance out hamstring strength as well as build up all of the small stabilizer muscles surrounding the knee and ankle joints that help to stabilize and protect these joints. One-legged RDLs also help to develop good control and balance moving your body in different positions 1 leg at a time.

Another KEY exercise to help maintain muscular balance, joint strength, and stability are single and double leg curls on a stability ball from a bridge position. If you don't have a stability ball, I'd recommend you consider getting one. This is optional but recommended.

Stability balls only cost about \$20-\$40 for one, and it's something that will last you many years and you can use it in your own home. Be sure to get the proper size ball. Typical sizes are 55cm, 65cm, and 75cm. The corresponding height charts are usually on the packages.

You can find [Amazon.com stability balls at this link](#)

If you have access to a slideboard, you can also do single and double leg curls from the bridge position with your heels on a slideboard. If you don't have a slideboard or stability ball, just be sure to put some extra focus on the one-legged RDLs mentioned above.

Another issue I typically see is that many people totally neglect flexibility training. Please see the bonus stretching report that came with this book as a free bonus. The full body stretching guide will show you all of the most effective stretches to keep optimum flexibility and help to reduce your risk of injury.

7. Core & Back Training to Complete the Package of a Fully Conditioned Skier

Your core and back strength & stability is often an overlooked aspect to skier conditioning. Your “core” is basically all of the musculature in your abs, sides, lower back, hips, and deep muscles surrounding the spine.

Your core strength is also very important to being able to control your body’s movements in aggressive skiing, especially in highly variable conditions like glades, steeps, mixed crud, and bumps where the terrain is throwing you around in various positions. You need to have the strength and stability to have full control over your body to attack the mountain in these conditions.

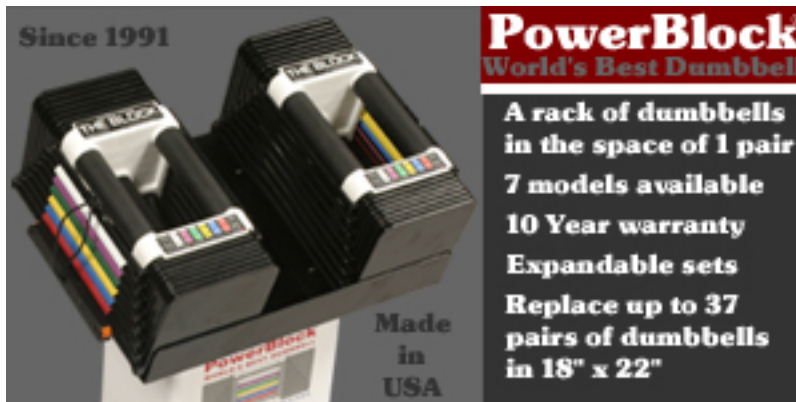
Consider also that although most people realize that their legs in particular must have good muscular endurance to handle skiing, many people neglect the muscular strength and endurance that you must have in your lower back to be able to handle long days of skiing. We will attack the strength aspect of your lower back training with classic deadlifts (the overall best exercise ever invented for your entire back).

To deal with the muscular endurance in your lower back we’ll use a couple specific exercises that most people have never heard of... one-arm and two-arm dumbbell swings and snatches.

Swings and snatches are tremendous exercises for building amazing endurance in your lower back as well as incredible cardiovascular conditioning as well. Any skier would benefit tremendously by reducing the amount of boring jogging they do, and replace much of it with lots of 1-arm and 2-arm swings or snatches. These will be yet another key exercise that every skier should do, and all you need is a simple dumbbell.

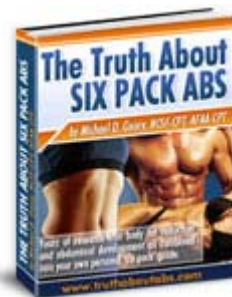
If you don't have dumbbells at home and aren't a member of a gym, my recommendation is to purchase a set of adjustable power-block dumbbells. These will last you for life and are a great investment if you want to workout at home.

You can get [Powerblock Dumbbells at this site](#)



When we get to the exercise descriptions section, I'll also show some very unique core exercises that are also amazing conditioning exercises such as floor mountain climbers as well as an interesting exercise that I call "breakdancers". We'll also cover several of the best general core and abs exercises.

Keep in mind that if you want to find out everything you ever wanted to know about abdominal training for "six pack abs" as well as fully comprehensive full body training and nutritional strategies to **lose stubborn belly fat**, you need to take a look at my internationally best-selling program – [The Truth about Six Pack Abs](#)



8. The Simplest Routines That Every Skier Should Know – “The Fab-5”

Alright, in this section I'm going to detail the drop-dead simplest ski-specific training routines. These are highly effective, but also the least complicated to follow, and will create the building blocks if you want to get more advanced at a later date.

Every skier should do these types of routines at least for a portion of their workouts. You can even do these workouts at home if you wish.

These workouts involve the most important key exercises that every skier must do. These are the “Fab-5” ski-specific exercises:

1. endurance jump lunges
2. high volume 1-arm swings
3. endurance bodyweight squats
4. 1-legged Romanian deadlifts
5. Lateral hops

What we’re going to do is compile these 5 exercises into “endurance style” routines that will prepare you for those 5-minute muscular endurance assaults that you give your body during a typical ski run. These workouts will actually be slightly more intense than a typical ski run (and that’s the point), so it will prepare your body above and beyond what you’ll need to endure typical skiing, even if you’re a hard-core expert on the slopes.

Here’s how this workout is going to be laid out:

You’ll start by attempting to perform 1 minute straight of each of the 5 exercises. If you can’t yet do 1 minute of each exercise without stopping to rest, you’ll perform whatever amount of reps you can in that 1 minute. For example, after performing 1 minute of jump lunges, you’ll rest about 15 seconds and then go right to doing 1 minute of 1-arm swings, rest 15 seconds, and go right to 1 minute of bodyweight squats, etc, etc.

For the first 1-2 weeks of attempting these workouts, you should stick to only doing 1 cycle of each of the 5 exercises. After that, you can progress to doing 2 cycles for several weeks, and then 3-4 cycles thereafter. Once you’re able to do 4 cycles

and you're doing it pretty easily, your legs are going to be pretty rock hard and ready for about anything you can throw at them on the slopes!

Example of this Workout

1. Jump lunges – as many reps as possible in 60 seconds

Rest 15 seconds

2. One-arm dumbbell swings – as many reps as possible in 60 seconds

Rest 15 seconds

3. Bodyweight Squats – as many reps as possible in 60 seconds

Rest 15 seconds

4. One-legged Romanian deadlifts (with or without dumbbells) – as many reps as possible in 60 seconds alternating legs every 5 reps

Rest 15 seconds

5. Lateral hops – as many reps as possible in 60 seconds

That is 1 cycle. Complete the workout 3x per week. For first week, only complete 1 cycle. For weeks 2-3, complete 2 cycles. For weeks 4 and beyond, complete 3-4 cycles per workout. Trust me on this one... completing 4 cycles of a workout this intense is really tough, and if you get to this level, your legs are ready for anything.

If for some reason you don't have a dumbbell and refuse to purchase one to do the 1-arm dumbbell swings (and dumbbells are optional in the 1-legged RDLs too), then you can just do the workout without the 1-arm dumbbell swings, and focus an extra 15 seconds to each of the other 4 exercises, so that you're doing 1 min 15 seconds for each exercise instead of 1 minute.

In the section later in this manual titled "Additional Options for Pre-Season or On-Season Routines", I'll show you how you can mix and match those types of workouts with these "Fab-5" style workouts.

9. The “Fab-5” Exercises Detailed

Jump Lunges

Start with one leg forward in the bottom of a lunge position. Your shin should be nearly vertical. To start the jump lunges, explosively jump up in the air, and while in the air, switch legs so that your opposite leg comes down in the forward position. Now immediately jump back up in the air switching legs in the air again. Continue alternating legs on each jump lunge. This is a big time leg burner and great conditioning for all skiers, especially telemarkers.



Start in bottom of lunge



Jump explosively switching legs in air



Land the jump lunge with opposite leg fwd

One arm swings

You can do this exercise most simply with a dumbbell. However, I prefer to use a [kettlebell](#). If you've never tried kettlebells, they are a great investment for working out at home. There are dozens of amazing full body exercises you can do with kettlebells and are one of the best investments I've ever made in a portable workout tool. Here's what kettlebells look like:



Begin this exercise with the dumbbell slightly off the floor. Start with a slight back swing between your legs to get the momentum going, then swing the weight out and up to a height just above eye level. Let the weight fall back down to a position between your legs, decelerate the weight quickly at the bottom, and then use the same hip/leg thrust to power the weight back up into another swing.

It is important to note that you are using your legs and hips to generate the thrust in the swing (your arm is just holding the weight, not doing the lifting). You're basically coming down into a partial squat with each swing. High rep swings are great for working the muscular endurance of your legs and lower back – very important for all skiers. High repetition swings are also amazing fat burners that blow any traditional cardio out the window!



START/ENDPOINT



MIDPOINT

Bodyweight Squats

Bodyweight squats are yet another fundamental exercise, but for skiers, we need to focus on high repetition endurance bodyweight squats. We'll talk later about optional barbell strength style squats which will be more for off-season focus.

When performing bodyweight squats, you can either start with your arms out straight as shown or with your arms crossed on your shoulders. Stand with feet slightly wider than shoulder width. Keep your eyes fixed straight ahead and back flat to slightly arched.

Then, initiate the squat from your hips by sitting back and down keeping the weight on your heels as opposed to the balls of your feet. Come down to a position where your thighs are approximately parallel to the ground, and then press back up to the starting position following the same movement pattern. Again, you should feel most of the weight on your heels, not the balls of your feet, and remember that the initial movement starts with your hips, not your knees. This is essential for proper knee health and functioning. Also, do not lock out your knees at the top. Contrary to popular belief, properly done squats actually strengthen the knee joint. It is when squats are done improperly that they lead to knee problems.



START/ENDPOINT



MIDPOINT/BOTTOM POSITION

1-Legged Romanian Deadlifts

I can't emphasize enough how important this exercise is for skiers. Since skiing is such a quad-dominant activity, we really need this exercise to help keep the hamstrings in appropriate strength ratio with the quads. Also, due to the 1-legged nature of this exercise, it involves a great deal of balance and significantly works your stabilizer muscles around the knees and ankles helping to keep your joints strong and healthy.

You can do the exercise while holding dumbbells or just with empty hands. Either way is fine. You can progress over time by using heavier dumbbells.

Looking straight ahead, stand and balance on one leg, and kick the other leg out slightly behind you. Maintain a very slight bend in the knee throughout this exercise. Now start to bend forward while simultaneously pushing the butt and hips back and keeping a flat (not rounded) back. While bending over and pushing the hips back, kick your other leg out behind you and reach down with your hands towards the toe of your foot that's planted on the ground and try to touch it. You should feel a stretch in the hamstrings as you get to the deepest part where your back is parallel to the floor. Then, focus on squeezing the butt muscle hard while you reverse the movement and bring yourself back to upright (all the while maintaining that flat back).

Do bunches of 5 reps at a time with each leg for the time duration of this exercise. Focus very strongly on your balance during this exercise. It's very easy to lose balance if you're not concentrating.



Rep on 1 leg – bottom position



Rep on the opposite leg – bottom position

Lateral Hops

Lateral hops are great not only for helping to balance out overall leg development, but also for working on your quickness and agility in lateral movements. Done consecutively, and in high repetition fashion, these also are killer leg burners for conditioning the legs. These are a must for inclusion in the “Fab-5”.

You can choose to do lateral hops either across a line on the floor, or onto and off of a step box (hops on floor shown below). If jumping across a line on the floor, you simply start by jumping sideways across the line, and when your feet land, you immediately spring back to the original position and keep this side-to-side jumping motion going for the duration of your timed set. If you’re using a step box instead, you jump laterally onto the step box and then off of the other side, then immediately hop back onto the step box from the opposite direction, and keep going back and forth.



One side of line on floor



Jumping to other side of line

10. Accessory Exercises

Ok. Now that I've shown you the main workout that I feel every skier should be doing, I'm also going to show you a series of accessory exercises if you want to perform some additional exercises. You can add a couple of these on to your existing workouts if you wish, or combine some of these exercises on alternate days as a separate workout. A little later in this manual I'll show you some examples of how to incorporate these exercises into extremely effective workouts that can complement your "Fab-5" workouts.

Some of these may require a barbell or another piece of equipment common to gyms, so if you don't have them available, don't worry about it and just focus on the "fab-5" as well as any other exercises you can do. Your bodyweight and a dumbbell are all you need to do the most important "Fab-5".

Keep in mind as I said before, that you don't absolutely need to have access to equipment to get great results... these accessory exercises are just provided to give extra options to those of you who want an additional challenge.

In this section, some of the exercises may use [dumbbells](#), a barbell, a [stability ball](#), and a step or box for the jump and step exercises. Even if you don't go to a gym, you can get all of these to work out in your house for a small investment of probably less than \$200 total.

Accessory exercises that you can include for additional benefits:

1. Box Jumps
2. Lateral Box Jumps
3. One-Arm Dumbbell Snatches
4. Two-Arm Dumbbell Swings
5. Stability Ball Hip Flexion (knee tucks)
6. Two-Legged Stability Ball Leg Curls
7. One-Legged Stability Ball Leg Curls
8. Mountain Climbers
9. Mountain Jumpers
10. Reverse back/hip extensions on stability ball
11. Breakdancers
12. Walking Lunges (bodyweight or weighted)
13. Overhead Lunges
14. Twisting Lunges
15. Step Ups
16. Floor Plank Holds
17. Side Plank Holds
18. Stability Ball Plank Holds
19. Barbell Deadlifts
20. Barbell Romanian Deadlifts
21. Barbell Back Squats
22. Barbell Front Squats
23. Barbell Overhead Squats

A challenge for super-studs:

One-Legged Ground Squats (Pistols)

Box Jumps

Box jumps are great for building explosiveness in your legs.

Start by setting up in front of a 15-20 inch step setup, or a steel or wooden box made for box jumps. Depending on how high you can jump, some of the boxes made for box jumps can be as high as 36 inches or more. The box that I used at my old gym was 36 inches high, so if you've got the hops, go for it!

Box jumps are as simple as jumping up explosively onto the box or step top. When you jump back down, you try to immediately spring right back up into the next jump. Go for high volume on these to really condition your legs... sets of 20-30 reps are good for lower jumps of 15-20 inch steps. On the higher 30-36 inch box jumps, a solid 10-15 reps is usually enough to get even good athletes winded.



Start in front of step or box



Jump up on top of step or box

Lateral Box Jumps

Lateral box jumps are great for conditioning your legs for the lateral movements that are common to skiing. In the fab-5 workouts, I recommended using just lateral hops across the floor. Lateral box jumps are a variation of the regular lateral hops. Use a slightly lower box or step height for lateral box jumps compared to regular box jumps. I'd recommend a 12-15 inch step for lateral box jumps. Start to one side of a step with the side of your leg towards the step as shown. Jump explosively sideways up to the top of the step and then jump down to the opposite side of the box. Upon landing, immediately spring back up on top of the box going in the opposite direction. Keep jumping side to side for 30-60 seconds per set. 30 seconds straight will whip most people. If you can go longer than that at a decent speed, you are in great shape!



Start on one side of step



Jump to top of step



Jump down to opposite side

One arm snatches

1-arm snatches will take your workout to new intensity levels. You can add a few sets of these in to your fab-5 workouts or on separate days. 1-arm snatches are a tremendous conditioning exercise for your entire body, especially your legs and lower back. And your heart rate will be through the roof like you just ran a 100-meter sprint...so excellent for strengthening your heart!

Hold a dumbbell (or [kettlebell](#) if you have access to one) in one arm positioned in the middle of your stance while you are down in the bottom of the deadlift position once again. Keep your non-working hand in a fist positioned on your lower back to keep your entire body tight. Again, keep your back flat, eyes fixed straight ahead (or slightly up), and tension in your straight arm to be used. Thrust the weight explosively to a position all the way over your head in one quick movement to lock-out keeping the weight close to your body all the way up (no pressing in this exercise, just one fluid movement from floor to overhead). Reverse back to the floor and immediately thrust up into the next rep. Complete the prescribed number of reps with one arm and then immediately repeat with the second arm. As with other "ground to overhead" lifts, this lift works such a large amount of full body muscle and makes you perform such a large quantity of work, that you'll be huffing and puffing and dripping with sweat after just a couple of sets of one arm snatches.

Many people find the technique of 1-arm snatches to be difficult to learn. If that's the case for you, keep in mind that 1-arm swings are MUCH easier to learn and basically serve almost the same purpose.



START/FINISH

MIDPOINT

Two arm swings

This is the same basic motion as the one arm swing, but you grasp the dumbbell with both hands on the side of it as pictured below. Start by “rocking” the dumbbell slightly back between your legs and then thrust the dumbbell forward up to head level using a “hip drive”.

Your legs, hips, and lower back are doing all of the work here... your arms really aren't doing any work at all...they are just the connector between your body and the external weight. As the weight reaches it's peak height at about forehead level, let the weight fall naturally back between your legs and immediately thrust up into the next 2-arm swing.

2-arm swings are another exercise that can be used with either a dumbbell or a [kettlebell](#).



START/FINISH

MIDPOINT

Stability ball hip flexion (knee tucks)

Start with your arms in a push-up position and your shins balancing on the top of a stability ball. Tuck your knees in under your body as you roll the ball closer to your hands and elevate your rear. Your back will come up in a hunched position and your abs will contract if done properly.

This is a great addition to your ski training routines to help develop your abs and hip flexors appropriately.



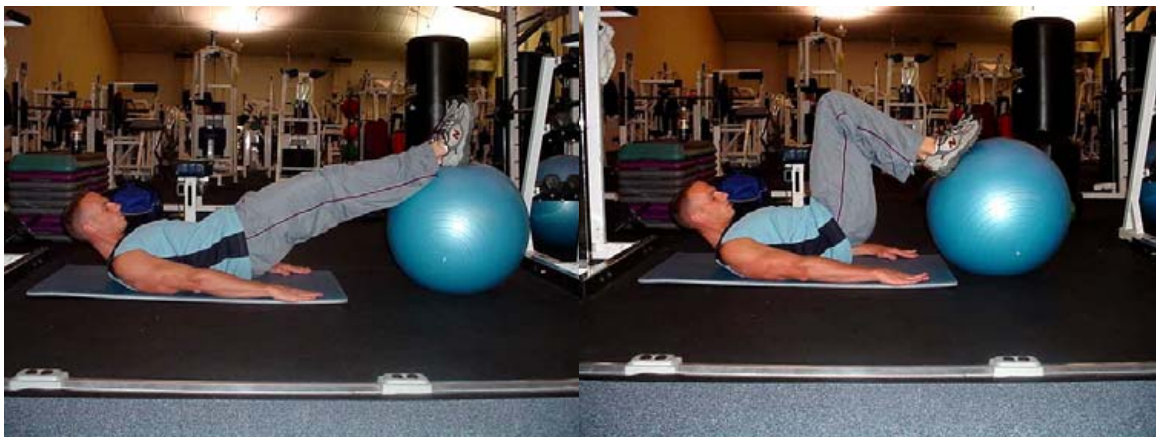
START/FINISH

MIDPOINT

Straight leg bridge with double leg curl on stability ball

This is a great exercise for the hamstrings, which can help balance out those overdeveloped skier quads. These 2-leg ball curls tend to be a little easy for advanced people, but are more than enough for beginners.

Lie on your back with your feet up on a stability ball and hips on the floor. The bridge is done by simply raising your hips off the floor to bring your body into straight alignment and holding that position. From a bridge position with feet on the stability ball and hips still off of the ground, curl both legs in by rolling the ball closer to your body.



START IN BRIDGE POSITION

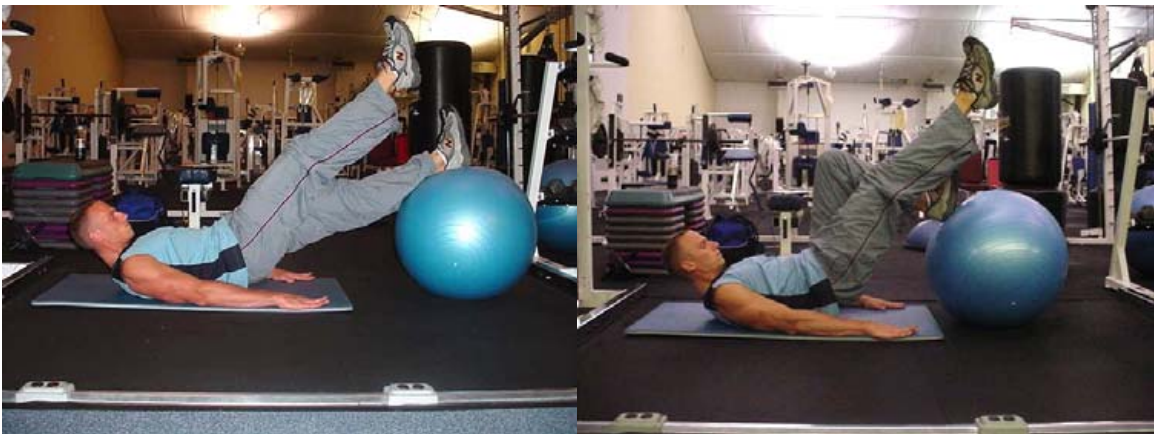
LEG CURL WITH HIPS STILL OFF GROUND

Straight leg bridge with single leg curl on stability ball

This is the 1-legged version of the stability ball leg curl and it is MUCH tougher than the 2-legged version. These are another great hamstring exercise that I'd recommend for everyone if you have a [stability ball](#).

Remember that most skiers tend to be quad dominant, so this is one of those important exercises you must focus on to achieve muscular balance between your quads and hamstrings. If you don't have a stability ball, just focus on the 1-legged RDLs we talked about earlier for your hammies.

Lie on your back with your feet up on a stability ball and hips off the floor in a bridge position. From the bridge position with feet on the stability ball, raise one leg 6 inches off the ball and curl the opposite leg in by rolling the ball closer to your body while keeping your hips off the ground. This will be challenging for those with weak hamstrings. Repeat the desired number of reps with the opposite leg.



START IN BRIDGE POSITION

LEG CURL WITH HIPS STILL OFF GROUND

Mountain Climbers

Mountain climbers are a great addition to your workouts to really balance out your core conditioning. They are just a tremendous exercise for your entire core area.

Assume a pushup position on your hands and feet. Quickly bring one leg in so it's under your chest, then immediately pop it back out and bring the other leg in. Keep quickly switching legs so that it looks as if you were climbing a mountain. To make this more challenging, try shifting your arms up and back approximately 12 inches each way while simultaneously switching your legs. If that doesn't make you break a sweat, I don't know what will! Try to do each set of mountain climbers for 30-45 seconds continuously. 30 seconds will whip most people!



LEFT LEG IN NEAR LEFT HAND



RIGHT LEG IN NEAR RIGHT HAND

Mountain Jumpers

This is similar to the mountain climbers, except that you bring both legs in under your chest at the same time while your arms remain stationary. Then immediately pop both legs back out to the starting position. Keep quickly “jumping” both legs in and out while keeping the arms in place.

This is another great core conditioning exercise. Again, you can try to do these for time as well...30-45 seconds works well per set.



START/FINISH

MIDPOINT

Reverse back/hip extensions on stability ball

This is a great exercise for your lower back. Roll forward face down on a stability ball so the ball is located beneath your pelvis and your upper body and legs make a reverse “V” shape as shown below. Raise your feet off the ground by performing a reverse extension until the body is straight (not hyper-extended). Complete for anywhere from 10-20 reps per set.



START/FINISH



MIDPOINT

Breakdancers

Another great core exercise that is similar to mountain climbers. Get down in a pushup position on hands and feet. Bring your right leg under and over so that your right knee is near your left elbow. Quickly jump and switch to your left knee near your right elbow. Keep jumping and switching back and forth at a rapid pace. People won't know what you're doing and they may give you funny looks thinking that you're trying to breakdance! It's a great exercise though.

Going for a time goal of 30-45 seconds per set seems to work well with these.



LEFT LEG TO THE RIGHT



RIGHT LEG TO THE LEFT

Dumbbell lunges (walking or standing)

Stand holding two dumbbells at arms length and lunge forward until your thigh is approximately parallel to the ground. Make sure to take a long enough stride so that your knee does not extend past your toes and your shin is nearly vertical (for knee safety and proper functioning). Step back to the starting position if performing the standing lunge.

You can also perform reverse lunges by stepping backward instead of forward. You can also do a walking lunge, where you move directly from the bottom position of the first leg into the bottom position of the second leg, essentially lunge walking for a distance that challenges you. You can increase the distance lunged over time for progression or keep the distance the same and increase the sets or weight carried.



START/FINISH

MIDPOINT

Overhead Lunges

Overhead lunges are performed in a walking fashion similar to regular walking lunges, however, you can hold a medicine ball or weight plate over your head throughout this exercise for an added challenge to various muscles you wouldn't hit otherwise.

After going a certain distance (perhaps 6-8 steps) in one direction, you can turn around and continue lunging back to the starting position. This is another great exercise for overall lower body strength and conditioning as well as core strength.



Twisting Lunges

Twisting lunges are performed similar to walking lunges except that you can hold a medicine ball or a weight plate in front of you and twist to the side that brings your hands over the forward lunging leg. You still perform the lunges by continuing step by step in a forward direction before turning around at a central point and coming back to the starting point.

This is yet another great exercise for overall lower body and core strength and conditioning.



Dumbbell step-ups

Stand in front of a step, box, or bench approximately 15 inches high while holding two dumbbells at arms length. Step up with the right leg, and then up with the left leg. Then reverse the movement by stepping down with the left leg first and then the right leg last. Perform all reps with the right leg before switching and completing the same number of reps with the left leg. Lunges and step-ups also produce great whole body changes due to the tension on the upper body and lower body simultaneously working a large amount of full body muscle.

Step ups are great for skiers due to how this exercise can balance out strength imbalances between the legs.



START/FINISH

MIDPOINT

Floor Plank Holds

Plank holds are a great core exercise to add into your workouts. Throw a couple sets of these held for time in towards the end of your workouts or in between circuits.

To do planks, get down on the floor in a position on your forearms and toes as shown below. Try to hold your body in a straight line without letting your hips sag or sit too high. Hold that position for as long as you can. Try to hold the plank position for 45 – 60 seconds. When you've worked up to super-stud status, try holding your planks for 2 minutes.



Side Plank Holds

Side planks are another great core exercise that work you from a different angle than regular floor planks.

To do side planks, get down on the floor in a position with 1 of your forearms holding up your weight along with the side of your foot as shown below. Try to hold your body in a straight line without letting your hips sag or sit too high. Hold that position for as long as you can on each side. Try to hold the plank position for 30 – 60 seconds on each side. On side planks, super-studs hold each side for about 60 seconds or more on each side.



Stability Ball Plank Holds

Stability ball plank holds are similar to floor planks, but add in another dimension of instability (the ball), thereby making them more challenging to your abs and core than standard planks.

To do *stability ball planks holds*, position yourself on your toes and with your forearms on the top of a stability ball. Be careful if you've never tried this before as it takes quite a bit of balance. Hold the plank position on the stability ball while you make slight 1-inch movements back and forth in every direction with your elbows to make this even more challenging.

Try to hold this for 60-90 seconds. Super-studs can try for over 90 seconds hold time on this one.



One-Legged Ground Squats (Pistols)

This exercise is NOT for beginners! This takes some serious stability and strength to be able to successfully do a 1-legged ground squat. This exercise is also only for people with healthy knees. One-legged squats will build some serious strength and balance in your legs as well as building up your stabilizer muscles around the joints considerably.

I'll be honest with you... most people will never be able to do a 1-legged ground squat, so if you can, consider yourself talented and probably a good athlete. These are simply very hard to learn and take a good deal of strength and balance.

Start by holding your hands out in front of you (holding a light weight can actually help with the balance sometimes). Bring one of your legs out in front of you as shown. Then, initiate the squat by pushing your hips back and keeping every muscle in your legs and glutes very tight.

Come down slowly and try to maintain your balance to bring your butt almost all the way down to the ground. At that point, pause for a second and then press back up to the starting position. When you first attempt these, it sometimes helps to just attempt half-squats at first by standing with your back to a coffee table or a chair and letting your butt hit the table or chair. Once you're comfortable with that, you can attempt a full butt-to-ground 1-legged squat.



Start position



Bottom position

11. The Barbell Lifts (Optional, But Recommended)

- Barbell Deadlifts
- Barbell Romanian deadlifts
- Barbell Back Squats
- Barbell Front Squats
- Barbell Overhead Squats

The barbell lifts are optional. You don't absolutely need to do these to get great results. In addition, these barbell lifts are mostly meant for off-season strength development, when your focus isn't as much on muscular endurance as it is actually immediately before and during the ski season.

If you ski often throughout the entire ski season (several days per week or most days of the week), you'll actually want to lay off these barbell lifts during most of the ski season so that you don't drain your legs ability to recover. Remember, if you're pounding your legs most days of the week skiing, your legs won't have the recovery available to be performing heavy barbell squats and deadlifts.

The exception to this is Romanian Deadlifts (RDLs). Since RDLs focus mostly on the hamstrings, you can still do these a couple times a week during the ski season even if you're pounding your legs skiing most days of the week. These actually help to balance out all of that excessive quad work you're getting during skiing and keep your hammies up to par.

Below are pictures and exact instructions on how to do all of these with correct form. The details on proper execution of these are very important, as they can all be detrimental to your back if you perform them incorrectly. However, done correctly with proper form, these exercises will actually improve the strength and health of your back.

The following section on "off-season" training will show you how to incorporate the barbell lifts into workout routines.

Standard barbell deadlifts

This is the single most functional lift you can perform to improve your performance in everyday tasks and/or sports. Any time you have to lift something heavy off of the floor in life, you are essentially performing a deadlift. Deadlifts work such a large amount of your body's musculature; it is easy to see why this lift will have a huge impact on your overall body strength and ability to get and stay lean.

First, load a barbell and roll it up to your shins with your feet shoulder width apart. Grab the bar with an overhand grip (alternating grip when you get into heavier weights) and your arms just outside of your knees. Squat down and sit back as if in the bottom of a squat position and keep your eyes fixed straight ahead (don't look down while doing this lift). Keep your back flat (**not rounded**) and shoulders pulled back. Keeping the bar close to your shins and tension in the bar with straight arms, initiate the lift by straightening your legs and standing up. Finish the movement with an upright posture keeping your back flat and shoulder blades back with your trapezius muscles contracted.

As with the squat, you should feel the weight more on your heels rather than on the balls of your feet. Lower the bar back to the floor by squatting down, keeping the bar close to your body once again. Pause at the bottom before starting the next rep. Never bounce the weight off the floor while doing deadlifts. Contrary to popular belief, deadlifts will not hurt your back if done properly. Actually, they effectively strengthen your back so that you're less prone to back injury in the future. A great variation of the standard deadlift is called the sumo deadlift. In the sumo deadlift, you take a very wide stance with toes pointed slightly out, and your hands grip the bar on the inside of your legs instead of the outside.



START/FINISH



MIDPOINT

Romanian barbell deadlifts

This exercise is one of the best and most functional hamstring strengthening exercises. Romanian deadlifts also work a large amount of musculature, although not as much as the standard deadlift.

Stand holding a barbell with a wide grip (alternating grip once you get into heavy weights) and feet shoulder width apart. Lower the bar keeping it close to your body and maintaining a slight bend in your knees. Do not do this exercise with fully straight legs! That is one of the most common mistakes. That is why I don't call this exercise "straight-legged" deadlifts like some people do – to make it clear that you are supposed to have a very slight bend in your knees.

As with the standard deadlift, maintain a flat back throughout and keep the shoulder blades pulled back and chest out. Do not let your back round during this exercise. Think of pushing your hips back during this exercise instead of just bending over. Go down to a position where your back is about parallel to the ground (although everyone will differ based on their flexibility) and you feel a stretch in your hamstrings. Then reverse the movement by contracting your glutes and pushing your hips forward to get back to the starting position. For Romanian deadlifts, you will probably be able to use 80-90% of the weight you would use on standard deadlifts. Romanian deadlifts are very important for increasing the strength needed during sprinting, so if you're an athlete that needs sprint speed, these will be one of the best for your improvement.

Also keep in mind that Romanian deadlifts are important to do "on-season" to maintain a proper balance of strength between the quads and hammies, since your quads get so much excessive work during the ski season.



START/FINISH



MIDPOINT

Barbell back squats

As with the deadlift, the squat is at the very top of the heap in terms of building a strong, muscular, lean, and functional body. The squat and the deadlift work more muscle groups than most other exercises out there, and deliver whole body results like no other exercises. If you want to get strong and lean, the squat and/or the deadlift must be part of the foundation of your routines. Another benefit of squats and deadlifts is that they are known to produce greater growth hormone and testosterone releases than any other exercises due to the huge quantity of muscle that they use.

In a squat rack or power rack, step under a barbell grabbing it overhand just outside your shoulders and rest it on your upper back (below your neck) with your shoulder blades pulled back to contract your trapezius muscles. Stand with feet slightly wider than shoulder width. Keep your eyes fixed straight ahead and back slightly arched. Squat down by sitting back and also bending forward slightly to counterbalance the weight (your knees and hips bend simultaneously). Come down to a position where your thighs are approximately parallel to the ground, and then press back up to the starting position following the same movement pattern. Again, you should feel most of the weight on your heels, not the balls of your feet. This is essential for proper knee health and functioning. Also, do not lock out your knees at the top. Contrary to popular belief, properly done squats actually strengthen the knee joint. It is when squats are done improperly that they lead to knee problems.



START/FINISH



MIDPOINT

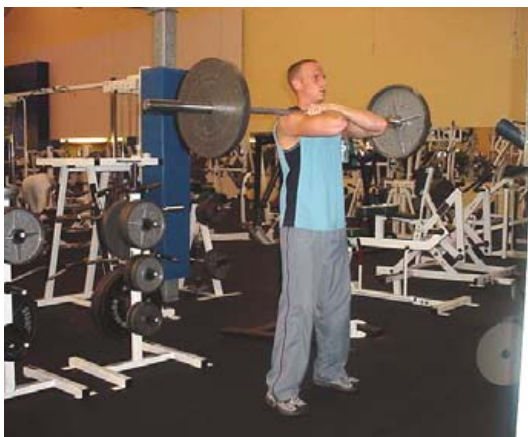
Barbell front squats

This is a more difficult variation of the barbell back squat which recruits the abdominals to a much higher degree for stability due to the more upright position compared with back squats. It is mostly a lower body exercise, but is great for functionally incorporating core strength and stability into the squatting movement. It is also very hard to learn how to properly rest the bar on your shoulders without pain.

There are two ways to rest the bar on the front of the shoulders. In the first method, you step under the bar and cross your forearms into an "X" position while resting the bar on the dimple that is created by the shoulder muscle near the bone keeping your elbows up high so that your arms are parallel to the ground. You then hold the bar in place by pressing the thumb side of your fists against the bar for support. Alternatively, you can hold the bar by placing your palms face up and the bar resting on your fingers against your shoulders. For both methods, your elbows must stay up high to prevent the weight from falling. Find out which bar support method is more comfortable for you.

Then, initiate the squat from your hips by sitting back and down keeping the weight on your heels as opposed to the balls of your feet. Squat down to a position where your thighs are approximately parallel to the ground, then press back up to the starting position. Practice first with an un-weighted bar or a relatively light weight to learn the movement. Most people are surprised how hard this exercise works your abs once you learn the correct form. I find that my abs are pretty sore the next day after returning to a cycle of front squats after not doing them for a couple months.

Front squats really work your quads hard and are best left to **off-season** training to build strength in your quads. You can do these on-season if you're only skiing once or twice a week, or on occasion. Otherwise, if you ski most days of the week, these will be too demanding for your quads during the season.



START/FINISH



MIDPOINT

Barbell overhead squats

The overhead (OH) squat is the most difficult of the three basic squats...by far! It took me several weeks to become comfortable with OH squats, and that was practicing with the empty bar. I know 300-lb back squatters who can't even OH squat an empty bar. It just takes a little time to learn how to use your core musculature to stabilize the weight over your head.

I recommend females start learning this exercise with one of the 12 or 15-lb "body bars" and males can start learning with an empty 45-lb Olympic bar. To start, you first need to get the weight from the floor to a position locked out over your head and your hands in a wide "snatch" grip (wider than the rings on an Olympic bar). You can either snatch it there for lighter weight, or when you get good at these and are using heavier weights, you can clean and press it overhead and then move your hands into a wide snatch grip. Before beginning the squat descent, lock your arms out really tight and position the weight towards the back of your head. Your entire body must remain tensed hard throughout the squat or the weight will want to fall forward or back. You'll see what I mean when you try it! As with all other squats, keep the head up, weight on heels, and sit back into the squat. When you get down to the point where your thighs are parallel with the ground, press back up to the starting position.

This is a VERY challenging exercise for your entire core musculature. It integrates your entire body all the way up to arms/shoulders to be able to do this exercise successfully.



START/FINISH



MIDPOINT

12. Off-Season Training

As I mentioned in the last section, you will want to incorporate a different style of training in the off-season, so that you don't overuse the muscular endurance style of training that you'll be doing pre-season and during the season. The off-season is the time when you'll want to focus more on lower reps and building higher strength levels, instead of the endurance training.

If you do a lot of hiking, mountain biking, and other outdoor exercise during the skiing off-season, that is great as it will keep you in good shape year-round. However, if you really want to maximize your results and get your body even better prepared for the pre-season and during-season training, it is a great idea to incorporate this style of strength training that I'll show you below at least twice a week during the off-season. This is also going to help to keep your joints as strong and healthy as possible by mixing in this different mode of training.

I've put together an example of how you can put together effective off-season strength training workouts on the following pages. For each exercise, you will want to try to work in slightly different set/rep ranges each month. After each 4 weeks of training in one type of set/rep range, you will want to switch to a different set/rep range. Here are the 3 different set/rep ranges for each exercise that are most effective to alternate during this type of strength cycle:

- 3 sets of 8 reps (3x8)
- 5 sets of 5 reps (5x5)
- 7 sets of 3 reps (7x3)

If you're doing a 3x8 routine, you will choose a weight that you could barely do any more than 8 reps per set. Basically, the way to think about it is that if you were to be able to do 9 reps per set, you would be lucky, so be sure to challenge yourself at each rep range. If you're doing a 7x3 rep range cycle, you would choose a

weight that challenges you pretty hard at 3 reps per set... if you were able to get a 4th rep per set, that would be very hard. You get the idea.

For each superset listed on the next page, the way to complete these is to perform the first set of the first exercise, rest approximately 30-45 seconds, and then complete the first set of the second exercise. Then, rest approximately 60 seconds and go back to the first exercise again, and then the second exercise again.

After completing all sets in the superset, which should take approximately 15-25 minutes depending on which set/rep schedule you're on at any given time, you can fill in the rest of the workout with any exercises of your choice, up to a total workout time of 45 to 60 minutes max.

I don't recommend workouts exceeding approximately 60 minutes due to putting your body into an excessive catabolic state with "marathon" workouts.

If you'll notice, in Workout A, you are supersetting any form of deadlift with any form of upper body pressing. Completing anywhere from 3-7 sets of each exercise in that superset will be the most important part of your workout and the most challenging for your body.

You can choose to fill in the rest of your workout with any other exercises of your choice... abs/core or even full body exercises. The most important are the superset exercises though.

In Workout B, the same workout structure applies, except that you are supersetting any form of squat with any form of upper body pulling exercise.

Workout A and Workout B should be separated by at least one day of rest in between, such as doing Workout A on Monday, Workout B on Wednesday, and Workout A again on Friday.

Then, the following Monday, can be Workout B again, Wednesday will be Workout A again, and so on. If you do 3 workouts/week of these strength training workouts, you will have done each workout (A and B) 3 times every 2 weeks.

Here is the layout of the Example Workouts:

Example Off-Season Program

Workout A

3-5 minute general warmup (either jump rope, rowing machine, or bodyweight exercises)

Superset 1

1. Barbell deadlifts (choose either regular stance deadlifts, sumo deadlifts, or Romanian deadlifts... a different form of deadlift every 4 weeks)
2. Any upper body pressing exercise (overhead press, bench press, dips, pushups, etc...can be done with dumbbells or barbell...choose a different pressing exercise every 4 weeks)

The above superset will take between 15-25 minutes to complete all sets of each exercise, depending on whether you're on a 3x8, 5x5, or 7x3 set/rep schedule. Finish the workout up to 60 minutes max with any full body or abs/core exercises of your choice.

Make sure there is at least 1 day of rest between workout A and workout B

Workout B

3-5 minute general warmup (either jump rope, rowing machine, or bodyweight exercises)

Superset 1

1. Barbell Squats (choose either back, front, or overhead squats... a different form of squat every 4 weeks)
2. Any upper body pulling exercise (pullups, lat pulldowns, dumbbell rows, barbell bent over rows, horizontal seated rows, etc...choose a different pulling exercise each 4 weeks)

The above superset will take between 15-25 minutes to complete all sets of each exercise, depending on whether you're on a 3x8, 5x5, or 7x3 set/rep schedule. Finish the workout up to 60 minutes max with any full body or abs/core exercises of your choice.

Make sure to get at least 1 day of rest before performing workout A again.

13. Additional Options for Pre-Season or On-Season Routines

These are additional workouts for pre-season or during the season for preparing your body to dominate the slopes. Keep in mind that the "Fab-5" workouts should still be your main workouts at least twice per week. These example workouts in this section can be used to mix things up a bit and be used on alternate days from the "Fab-5" workouts.

All of the exercises below are detailed in pictures and descriptions in previous sections of this manual (most of these are detailed in the Accessory Exercises section).

Example Program 1 (beginner/intermediate):

Warm-up: 30 seconds mountain climbers, rest 30 seconds, repeat 30 sec mtn climbers

Circuit-Style

1. Bodyweight squats – 12 reps
2. Walking Lunges – 6 steps up, 6 steps back
3. 1-legged Romanian Deadlifts – 6 reps each leg
4. Mountain Climbers – 30 seconds
5. Straight Plank Holds – 30 seconds
6. Side Plank Holds – 30 seconds each side

Take no rest between exercises in the circuit. Rest 30-60 seconds between each circuit. Repeat the 6 exercises in the circuit twice during workouts in the first week, 3X during workouts in weeks 2 and 3, and 4-5 times during workouts in weeks 4 and 5.

At this point after 4-5 weeks of this type of beginner routine, you should advance to one of the other workouts in this section.

Example Program 2 (intermediate/advanced)

Warm-up: 30 seconds mountain climbers, rest 30 seconds, repeat 30 sec mtn climbers

Circuit-Style

1. Box Jumps – 10 straight box jumps
2. Twisting Lunges Walking – 8 steps up, 8 steps back
3. 2-legged Stability Ball Leg Curls – 10 reps
4. 1-legged Stability Ball Leg Curls – 8 reps each leg
5. Stability Ball Hip Flexion (knee tucks) – 10 reps
6. Mountain Jumpers – 30 seconds
7. Side Plank Holds – 30 seconds each side
8. Stability Ball Plank Holds – 45 seconds

Take no rest between exercises in the circuit. Rest 30-60 seconds between each circuit. Repeat the 8 exercises in the circuit twice during workouts in the first week, 3X during workouts in weeks 2 and 3, and 4-5 times during workouts in weeks 4 and 5.

Example Program 3 (intermediate/advanced)

Warm-up: 30 seconds mountain climbers, rest 30 seconds, repeat 30 sec mtn climbers

Circuit-Style

1. One arm dumbbell snatches – 8 each arm
2. Overhead Lunges Walking – 8 steps up, 8 steps back
3. Breakdancers – 30 seconds
4. 1-legged Stability Ball Leg Curls – 10 reps each leg
5. Step-ups (with or w/o dbells) – 8 reps each leg
6. Reverse back/hip extensions on stability ball – 15 reps
7. 2-arm Dumbbell Swings – 12 reps
8. Stability Ball Plank Holds – 60 seconds

Take no rest between exercises in the circuit. Rest 30-60 seconds between each circuit. Repeat the 8 exercises in the circuit twice during workouts in the first week, 3X during workouts in weeks 2 and 3, and 4-5 times during workouts in weeks 4 and 5.

You can see how this workout structure works and how it's slightly different than the Fab-5 workouts. If you want to come up with variations of these 3 example workout routines, you can mix and match any of the accessory exercises into circuits of 6-8 exercises per circuit as you can see how I've done above.

One way you could use these example additional workouts in this section is to alternate them with the Fab-5 workouts. So, if you did a Fab-5 workout on Monday, you could do one of these example circuit workouts on Wednesday, back to Fab-5 on Friday, and so on.

14. Final Thoughts and Suggestions

Let me summarize briefly how to incorporate the ski-specific routines into your schedule so that you can maximize the muscular strength and endurance of your legs and core and be able to rip up the slopes all day long without excessive leg fatigue.

Following the routines in this manual will also help to balance out your strength imbalances and help to protect and strengthen your joints from possible injury on the slopes. Of course, injuries are possible in any sport even despite your best efforts to safeguard yourself. However, following this manual will help you to avoid them as best as possible and keep you strong and agile for many years to come.

In order to best prepare yourself for the ski season or a big ski trip, I'd suggest starting on a combination of the Fab-5 routines and/or the circuit routines (in the additional workout options section) at least 4-6 weeks prior to your first ski day. If you want to start a little earlier, these routines can be performed for up to 12 weeks Pre-Season.

If you're going on a big ski trip, make sure to give yourself 2 days of rest prior to the first day you'll actually ski. That gives your legs the best chance of being fresh and strong.

After the ski season is over, it's a good idea to give your legs a different style of training and shift your workouts from the muscular endurance type circuit workouts to the Off-Season style of strength workouts I detailed in the Off-Season section of the manual.

Before we end this manual, I'd like to ask you a favor...

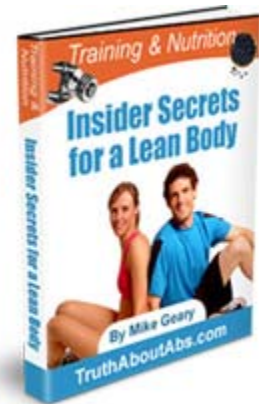
If you've read through this entire manual and started to implement the techniques, I'd love for you to send me a testimonial on how the information in this manual has

helped you, and even some of the results you've been getting if you've been testing out the routines already. If you have really enjoyed the information in this manual, please send a testimonial to us at: help-desk@truthaboutabs.com

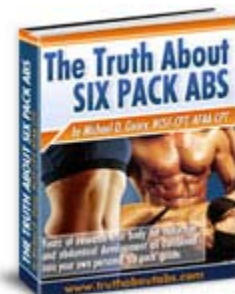
Now get out there and train hard, ski hard, carve ridiculous turns, smash through the powder, crush the moguls, dominate the glades, and have a blast on your new "pillars of steel" legs.

If you're not already a member of my [FREE Lean-Body Fitness Secrets Ezine](#), make sure to go to the page above and get your free subscription as well as all of the free bonus reports.

You'll receive a new jam packed newsletter weekly sharing all kinds of new exercise, nutrition, and lifestyle tips and strategies for a lean, ripped, and truly healthy body for life! You'll also get several free gifts including a metabolic rate calculator, additional unique workout routines, and a free e-report called Training & Nutrition Insider Secrets for a Lean-Body.



In addition, if you want to take your entire fitness and health to the next level, and discover dozens of facts that you may have never realized before about nutrition (and all of the diet scams, deceitful food marketing tactics, and everything you ever wanted to know about dietary fats, carbs, and proteins), as well as the truth about abdominals training, full body training, and losing stubborn belly fat... you need to check out my internationally best-selling [Truth about Six Pack Abs](#) program.



I wish you the best of luck in your fitness endeavors and be sure to take action on the material in this manual. Have a blast on the slopes and live for that adrenaline high you get on a great day of skiing!

Your friend and training advisor,

Michael Bang

PS – We also have some innovative 4-minute high intensity workout DVD's available at:

www.BusyManFitness.com

