

Total Skiing FITNESS



Functional Fitness Training For Skiers

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About Clayton Beatty

My name is Clayton Beatty and since 2008 I have helped **thousands of surf and snow sports athletes** with my online fitness training programs.

You may have seen some of my functional training information on my blog SurfnSnowFitness.com

I have made it my mission to help everyday skiers like you get functionally fit and strong using the latest exercise science, so that you can be ready to ski hard all over the mountain this season as soon as the fresh snow hits!

Basically I will teach you step-by-step how to train like a pro at home or the gym so you can enhance your skiing performance and enjoy snow all season long.

For those of you that are interested, I am a **Qualified Exercise Scientist** with a Bachelor of Science (Human Movement) and I am a Member of Exercise and Sports Science Australia (ESSA).

I like to keep up to date with the latest functional training and exercise science and pass that training information on to my clients.

All you have to do is download the ski training workouts and follow along step-by-step!



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.

Strength & Conditioning for Skiers

Don't you think you could ski harder and longer, have greater control, land better tricks and recover faster if you had a stronger, fitter body?

Imagine hitting the start of the ski season hard with your body finely tuned and ready for action! You could dominate all over the mountain and know that your legs are not going to pack it in before lunch!

Skiing is an extremely athletic sport and therefore requires an equally athletic training program to improve your performance. Most fitness programs created by fitness trainers are designed for bodybuilders not athletes. Generally these programs are generic in nature and do not tailor to the specific needs of the athlete. The latest scientific training techniques point to functional training as the key to boosting your body's strength and conditioning when working out for a specific sport.

Functional Training

Functional training is effectively training for a purpose. In this case the purpose is to make you a better skier. In the Total Skiing Fitness program, all exercises are intended to help your body become more effective at carrying out all the movements undertaken whilst skiing. This includes jumping, landing, carving powder, riding moguls, hitting kickers, dropping cliffs and whatever else you might encounter during a days skiing.

To train for these movements, you will need to concentrate on certain components of your fitness. This includes lower body strength and endurance, balance, core stability and rotary strength, upper body strength, agility, mobility, flexibility and cardiovascular endurance.

The Total Skiing Fitness program employs the most effective exercises for the task of improving your skiing fitness. You won't find isolated muscle exercises or machine based exercises in this program. All exercises will train multiple muscle groups at the same time. Whilst you are skiing you are using lots of different muscles at any one time depending on your action. Therefore you should train the same way. This has benefits from both a performance perspective and an injury prevention perspective.

Total Skiing Fitness – Sample Workout

This workout is a sample of the exercises and workout structure from the full version of Total Skiing Fitness – Functional Training for Skiers.

This is not a complete program on its own.

The full version of Total Skiing Fitness contains multiple **functional strength training workouts** and **cardiovascular training workouts**.

Try this workout to see how effective the Total Skiing Fitness workouts can be.

Once you have had a go at this workout, you will need to purchase the complete program to ensure you are getting a progressive, balanced, ski specific program.

You can download the complete version of the program from www.TotalSkiingFitness.com

What You Get...

Total Skiing Fitness – Phase 1

- 4 Week Ski Specific Functional Training Program
- Build a solid foundation of ski specific strength, balance, core stability, leg power, mobility and flexibility
- Complete 2-3 ski workouts per week
- Follow along step-by-step with full colour exercise pictures and descriptions

Superset 3 (complete 2 times)	Reps
<p>Dumbbell Swing</p> <ul style="list-style-type: none"> • Hold a light dumbbell with both hands and without rounding your lower back, swing the dumbbell over your head. • Swing your feet forward and swing the dumbbell back up to chest level and then continue by starting the swing again. 	 10-15
<p>Goblet Lunge</p> <ul style="list-style-type: none"> • Hold a 4-6 pound kettlebell vertically against your chest. • Lower the kettlebell between your feet, keeping the feet and hip and about shoulder width apart. • Push back up to the start position. 	 10
<p>Swiss Ball Side Plank with Rotation</p> <ul style="list-style-type: none"> • Support your body on your forearm and feet to create a solid foundation. • Rotate your torso and lift with one arm reaching up. • Rotate and reach back under your back knee to the other side. 	 10-15
<p>Swiss Ball Russian Twist</p> <ul style="list-style-type: none"> • Sit on top of your Swiss ball with a neutral spine and feet flat on the floor. • Rotate your torso to the right and back to the start position and repeat on the other side. 	 8-10

Total Skiing Fitness – Phase 2

- 4 Week Ski Performance Functional Training Program
- Take your ski training to the next level with advanced ski specific strength, balance, core stability, leg power, mobility and flexibility
- Complete 2-3 advanced ski workouts per week Follow along step-by-step with full colour exercise pictures and descriptions

Superset 3 (complete 2 times)	Reps
<p>Split Squat Jump</p> <ul style="list-style-type: none"> • Start in a split squat position and swing your arms forward as you jump up and land in a split squat position with the opposite leg forward. • Continue the jumps alternating each leg. 	 8-10
<p>Dumbbell Romanian Chop</p> <ul style="list-style-type: none"> • Keeping your core braced and without rounding your lower back, lift the dumbbell up and over your head. • Rotate your torso to the right and back to the start position. 	 8-10
<p>Goblet Lateral Lunge</p> <ul style="list-style-type: none"> • Hold a 4-6 pound kettlebell vertically against your chest. • Lunge over to one side by pushing the kettlebell over your right leg to the start position. 	 8-10
<p>Swiss Ball Pike</p> <ul style="list-style-type: none"> • Start in a piking position with your feet on the Swiss ball, arms under hips, and feet flat on the floor. • Push from the floor back down to the start position. 	 8-10

Total Skiing Fitness – Cardio Workouts

- Enhance your ski fitness even more with our High Intensity Ski Cardio Workouts
- Boost your aerobic and anaerobic endurance so you can perform all day on the slopes
- No long boring cardio – only fast, fun, ski specific interval training
- Do these workouts after your functional strength workouts or on your off days

Workout B			
Interval 1	Split Squat Jumps	Interval 5	Split Squat Jumps
Interval 2	Running on the spot	Interval 6	Running on the spot
Interval 3	Lateral Jumps	Interval 7	Lateral Jumps
Interval 4	Linear Fast Feet	Interval 8	Linear Fast Feet

Workout C			
Interval 1	Jump Rope – Staggered Feet	Interval 5	Jump Rope – Staggered Feet
Interval 2	Fast Bodyweight Squats	Interval 6	Fast Bodyweight Squats
Interval 3	Jump Rope – Single Leg	Interval 7	Jump Rope – Single Leg
Interval 4	Lateral Shuffles	Interval 8	Lateral Shuffles

Workout D			
Interval 1	Slide Run	Interval 5	Slide Run
Interval 2	SK Jumps	Interval 6	SK Jumps
Interval 3	Forward Backward Run	Interval 7	Forward Backward Run
Interval 4	Lateral Fast Feet	Interval 8	Lateral Fast Feet

Total Skiing Fitness – Stretching Sequence

- Improve your flexibility and enhance your recover with the Total Skiing Fitness stretch sequence
- Complete the stretch sequence at the end of your workouts
- Full colour stretch chart, so you can just follow along step-by-step



Follow along step-by-step with full colour exercise pictures and descriptions

You can even load the PDF manuals onto your iPhone or Smart Phone and take them with you!

Why Choose Total Skiing Fitness?






1. We address all of the essential skiing fitness components: **functional strength & power**, balance, flexibility & mobility, core stability, core strength, rotary power, cardiovascular fitness (aerobic & anaerobic) and agility.
2. Total Skiing Fitness is an exercise program that builds your skiing fitness using **progressive workouts** (not just one workout that you do over and over again!).
3. The program is **"step-by-step"** with printable workout manuals - so it's just like having your own personal ski fitness coach!






To download the complete version of the program, visit

www.TotalSkiingFitness.com

Dynamic Warmup

- Complete this warmup before starting the functional strength workout.
- Do each exercise in succession without any rest breaks.

Exercise		Reps
<p style="text-align: center;">Bird Dog</p> <ul style="list-style-type: none"> • Start on all fours with your core braced. • Without arching your lower back, extend one arm and the opposite leg. • Return to the start position and alternate sides. 		8
<p style="text-align: center;">Side Plank Transfers</p> <ul style="list-style-type: none"> • Start in a side plank position with your weight on your forearm and foot. • Rotate your other arm down to the ground into a front plank position and then lift your other arm up and transfer into the other side plank position. • Keep your core braced throughout the movement. 		8
<p style="text-align: center;">Hip Raise</p> <ul style="list-style-type: none"> • Lie on your back with your knees bent and feet flat on the floor. • Raise your hips until your body is straight then hold for several seconds. • Slowly lower back to the ground. 		8
<p style="text-align: center;">Prisoner Squat</p> <ul style="list-style-type: none"> • Descend into a squat position by pushing your hips back and keeping your heels on the ground. • Once your thighs are parallel with the floor, push back up into a standing position. 		8
<p style="text-align: center;">Aeroplanes</p> <ul style="list-style-type: none"> • Stand on one leg with your knee slightly bent and arms out to the side. • Bend forward from your hips and extend your other leg out behind. • Once your body is parallel to the ground, return to the start position. 		8





<p>Split Squat with Rotation</p> <ul style="list-style-type: none"> • Start in a lunge position and lower your back knee towards the floor stopping just short of touching. • Your knee should end up above your foot. • Rotate your upper body to the same side as your front leg. • Pause, then reverse back up to the start position. 		<p>8</p>
<p>T-Pushup</p> <ul style="list-style-type: none"> • Perform a standard pushup then as you push back up, rotate your body to one side and reach your arm above your body. • Alternate sides each repetition. 		<p>8</p>
<p>Spiderman Climb</p> <ul style="list-style-type: none"> • Starting in a pushup position, bring one knee towards your elbow and touch your foot on the ground, then extend your leg back to the start position. • Alternate legs each repetition. 		<p>8</p>
<p>Swiss Ball T Raise</p> <ul style="list-style-type: none"> • With your chest on a swiss ball, raise your arms out to the side to create a 'T' position. • Keep your palms facing down and squeeze your shoulder blades together. • Hold for a few seconds then lower. 		<p>8</p>
<p>Swiss Ball Y Raise</p> <ul style="list-style-type: none"> • With your chest on a swiss ball, raise your arms out in front at an angle to create a 'Y' position. • Keep your palms facing each other and squeeze your shoulder blades together. • Hold for a few seconds then lower. 		<p>8</p>

Sample Functional Strength Workout

- Complete the Dynamic Warmup before starting this workout.
- Complete each superset with minimal rest, then rest 1-2 minutes between supersets.

Superset 1 (complete 3 times)		Reps
<p>Dumbbell Bulgarian Split Squat</p> <ul style="list-style-type: none"> • Start in a lunge position with your rear foot elevated on a bench then lower your back knee towards the floor and stop just short of touching. • Your knee should end above your foot. • Push back up to the start position. 		8-10
<p>Alternating Dumbbell Row</p> <ul style="list-style-type: none"> • With your knees bent slightly, bend forward at your hips without rounding your lower back. • Keep your palms facing back and simultaneously pull one dumbbell to the side of your body as you lower the other. 		10

Superset 2 (complete 3 times)		Reps
<p>Single-Leg Straight-Leg Dumbbell Deadlift</p> <ul style="list-style-type: none"> • Stand on one leg with your leg straight but knee slightly bent. • Without rounding your lower back and keeping the same bend in your knee, lower the dumbbells toward the floor. • Slowly pull the dumbbells back up to the starting position. 		10
<p>Single-Arm Swiss Ball Chest Press</p> <ul style="list-style-type: none"> • Lie with your upper back on a swiss ball with your hips raised so your body is straight. • Start with the dumbbell next to your chest. • Press the dumbbell above your chest until your arm is straight, then lower back to your chest. 		8-10

Superset 3 (complete 2 times)		Reps
<p>Bodyweight Squat Jump</p> <ul style="list-style-type: none"> • Descend into a squat position by pushing your hips back and keeping your heels on the ground. • Once your thighs are parallel with the floor, push back up and jump as high as you can. • Absorb the landing by descending back into a squat position. 		8-10
<p>Dumbbell Stability Chop</p> <ul style="list-style-type: none"> • Keeping your core braced and without allowing your lower back to round, swing the dumbbell up over your opposite shoulder, before reversing the movement. • Keep your torso stable throughout the movement. 		8-10
<p>Bodyweight Lateral Squat</p> <ul style="list-style-type: none"> • Stand with your feet wide apart. • Lunge over to one side by pushing your hips back until your thigh is parallel with the ground. • Push back up to the start position. 		8-10
<p>Swiss Ball Plank Rollout</p> <ul style="list-style-type: none"> • Start in a plank position with your forearms on a swiss ball. • Keeping your core braced, roll the ball away from as far as you can without letting your lower back collapse, then use your abdominal muscles to pull the ball back in. 		8-12

- Once you have finished the workout you can choose to continue with a cardio workout (or do cardio on your rest day).
- Complete the Stretching Sequence at the end of your workout.

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