



NEW YORK SKI EDUCATIONAL FOUNDATION

NYSEF Freeride 2020/2021 Flexibility, Strength & Conditioning Program

This program is designed for athletes to work on their strength and conditioning safely at home.

WARM UP- Use what you have at home to get the blood flowing. A light jog, play basketball, a quick bike ride, jump rope, etc. 5-10 minutes.

STRETCH (And remember to breathe!)

- Neck rolls, 10 each direction
- Arm circles, 10 each arm
 - Start small and get larger as you go.
- Torso Twists, 10 each direction
- Opposite Toe touches, 20 seconds
 - Stand with feet a little wider than shoulder-width apart and straight knees. Bend at the waist, touch your right hand to your left toes while keeping straight knees, do the same with your left hand to your right toes.
- Around Town, 10 hip circles in each direction
 - Feet wider than shoulder-width apart
- Forward and side lunges, 10 each direction in each leg
- On the back toe touches
 - Lay on back, keep straight knees and bring your feet overhead until your toes touch the ground above your head. If you can't keep straight knees, get as close as you can
- Ankle rolls, wrist rolls

RESISTANCE WARM UP

- Lazy man bridge, 2 reps, add 1 more rep per week
 - Lay on back, feet flat on the ground. Raise hips off the ground and hold for one second
- Windshield wipers, 2 each side
- 10 V-Ups with straight knees
- 2 Pull-ups (if equipped)
- 2 Dips (use bench or chair)
- 2 Russian squats
- Jump Rope
 - 20 legs together
 - 10 on each leg
 - 5 doubles

WEEKLY CONDITIONING (2-3x per week)

Back

- Stomach on table or bench, straight leg lifts to arch with 1-second hold. 2 reps
- Tucked up legs to arch with 1-second hold. 2 reps
- Lazy man bridge with 1-second hold. 7 reps
- Supermans. 4 reps

Core

- Leg lifts with bent leg, 2 sets of 2
- 10 bungee sit-ups
- V-Ups with straight legs, 2 sets of 5
 - Without feet touching the floor
- Windshield Wipers, 2 sets of 3 to each side
- Plank Routine, One-minute each
 - Regular plank
 - One arm, each side

Legs

- Russian Squats on 1 leg, 2 reps on each leg
- Wall sit (1 minute)
- 10 Calf raises

Upper Body

- 5 Pull ups
- 5 Dips
- 10 Push ups