

From page 70 of the book Fit Skiing by Andrew Hooge;

General Workout 1.

In General Conditioning use:

1 warm-up set,

2 work sets,

12 to 15 repetitions per set, with a two-minute rest period between sets;

STRENGTHENING EXERCISES;

Single Leg Extension. Page 118. Right Leg;

Set up for a warm-up set of Single Leg Extension for your right leg using 50% of your work weight. Remember that one repetition is lift and release with one leg, then lift and release with the other; Hush for 20 seconds; Perform fifteen repps of Single Leg Extension to warm up. I'll extend the time to 90 seconds;

Rest for 1 minute. While resting, adjust to your full work weight;

Position yourself for the first work set of Single Leg Extension;

Perform fifteen repps in 90 seconds;

Rest for 1 minute;

Prepare for the second work set of Single Leg Extension with full weight;

Perform fifteen repps in 90 seconds;

While resting for 1 minute, set up for a warm up set (using 50% weight) for a Single Leg Curl with your right leg;

Single Leg Curl. Page 116;

Perform fifteen repps of Single Leg Curl, alternating your legs, in 90 seconds;

While resting for 1 minute, adjust to your full Leg Curl weight;

Perform your first set of fifteen repps of Single Leg Curl in 90 seconds;

Rest for 1 minute;

Perform your second set of fifteen repps of Single Leg Curl in 90 seconds;

While resting for 1 minute, set up for Lat Pull-down warm ups;

Lat Pull-down. Page 144;

Adjust to warm up weight. Remember to play your hands about six inches outside your shoulders and pull toward your sternum. Tighten your abs before pulling; Hush for 15 seconds;

Perform 15 repps warm up of Lat Pull-down;

Rest for 1 minute. Set up for your full work weight;

Perform your first set of 15 repps of Lat Pull-down;

Rest for 1 minute;

Perform your second work set of 15 repps of Lat Pull-down;

While resting for 1 minute, set up your warm up weight for dumbbell bench press;

Bench Press. Page 154;

Begin with your elbows at 90 degrees. Contract your abdominal muscles and press toward the ceiling. Perform 15 reps;
Rest for 1 minute while adjusting to your full work weight;

Perform your first 15 reps work set of dumbbell bench press;
Rest for 1 minute;

Perform a second set of 15 reps;

While resting for 1 minute, set up your warm up weight for Dumbbell Shoulder press;

Dumbbell Shoulder Press. Page 160;

Keeping your abdominal muscles contracted through the entire movement, perform 15 reps of Dumbbell Shoulder Press to warm up;
Rest for 1 minute while adjusting to your full work weight;

Perform 15 reps for your first set of Dumbbell Shoulder Press;
Rest for 1 minute;
Perform a second set of 15 reps of Dumbbell Shoulder Press;

While resting for 1 minute, adjust your warm up weight for Seated Dumbbell Curl;

Seated Dumbbell Curl. Page 173;

Keeping your abdominal muscles contracted through the entire movement, perform 15 reps of Seated Dumbbell Curl to warm up;
Rest for 1 minute while adjusting to your full work weight;

Perform 15 reps for your first set of Seated Dumbbell Curl;
Rest for 1 minute;
Perform a second set of 15 reps of Seated Dumbbell Curl;

While resting for 1 minute, adjust your warm up weight for Triceps Press-down;

Triceps Press-down. Page 176;

Keeping your abdominal muscles contracted through the entire movement, perform 15 reps of Triceps Press-down to warm up;
Rest for 1 minute while adjusting to your full work weight;

Perform 15 reps for your first set of Triceps Press-down;
Rest for 1 minute;
Perform a second set of 15 reps of Triceps Press-down;

While resting for 1 minute, prepare for Crunches;

Crunches. Page 184;

Perform a work set of Crunches, doing as many as you can in 90 seconds. Keep your back flat on the floor, and spot a point on the ceiling to help you keep your neck straight;
Rest for 1 minute;
Perform a second work set of Crunches for 90 seconds;

STRETCHES;

Downward Dog. Page 224;

Perform Downward Dog for 45 seconds;

Chest Stretch. Page 227;

Perform Chest Stretch for 45 seconds on your right side;

Switch to your left side for 45 seconds;

Perform Chest Stretch a second time to your right for 45 seconds;

Switch to your other side for 45 seconds;

Perform Downward Dog a second time for 45 seconds;

Hamstring Stretch. Page 228;

Perform Hamstring Stretch for 45 seconds on your right side;

Switch to your left side for 45 seconds;

Perform Hamstring Stretch a second time to your right for 45 seconds;

Switch to your other side for 45 seconds;

Quadriceps Stretch. Page 233;

Perform Quadriceps Stretch for 45 seconds on your right side;

Switch to your left side for 45 seconds;

Perform Quadriceps Stretch a second time to your right for 45 seconds;

Switch to your other side for 45 seconds;