

General conditioning weight training workout number 2. Page 70 of the book Fit Skiing by Andrew Hooge;

1 warm-up set. 2 work sets. 12 repetitions per set with only one minute rest periods. ;

Dumbbell Squats page 128.

Take 15 seconds to prepare for a warm-up set of Dumbbell Squats;

Perform your warm-up set of Dumbbell Squats. 12 repps;
Rest for 1 minute, while adjusting to your full work weight;

Perform your first work set: 12 repps of Dumbbell Squats; Rest for 1 minute;

Perform your second work set: 12 repps of Dumbbell Squats;

Rest for 1 minute, while preparing your warm-up weight for **Standing Leg Curl, page 117**;

Joe should perform a warm-up set of Standing Leg Curl. Twelve repps in 60 seconds;
Take 10 seconds to switch to Rhonda;
Rhonda's turn to do twelve repps in 60 seconds;

Take 10 seconds to switch back to Joe. Full weight this time;
Joe should do a work set in 60 seconds;

10 seconds to switch back to Rhonda;
Rhonda's turn to do a work set in 60 seconds. Remember, twelve repps;

10 seconds to switch back to Joe;
2nd work set of twelve repps in 60 seconds for Joe;

10 seconds to switch to Rhonda;
2nd work set of twelve repps for Rhonda. 60 seconds;

Joe has already rested so he should take 15 seconds to set up for a warm-up set of **Seated Row**;

Warm-up set for Joe. 12 repps;
Take 10 seconds to switch to Rhonda;
Warm-up set for Rhonda. 12 repps;

Switch back to Joe in 10 seconds;
First work set for Joe. 12 repps;

Switch to Rhonda in 10 seconds;
First work set for Rhonda. 12 repps;

Switch back to Joe in 10 seconds;
Second work set for Joe. 12 repps;
Switch back to Rhonda in 10 seconds;
Second work set for Rhonda. Final 12 repps;

Joe has already rested so take 15 seconds to set up for **Incline dumbbell Press**;
Joe should do a warm-up set of 12 repps of Dumbbell Press;

Take 10 seconds to switch to Rhonda;
Rhonda should do a warm-up set of 12 repps of Dumbbell Press;

Take 10 seconds to switch to Joe, prepare full weight;
Joe should perform a work set of Dumbbell press. 12 repps;

Take 10 seconds to switch to Rhonda;
Rhonda should perform a work set of Dumbbell press. 12 repps;

Take 10 seconds to switch to Joe;
Joe, this is your second work set of Dumbbell press. 12 repps;

Take 10 seconds to switch back to Rhonda;
Rhonda, this is your second work set of Dumbbell press. 12 repps;

Take 15 seconds to prepare for **Lateral Raise, page 168.**;
Perform a warm-up set of 12 repps Lateral Raise;
Rest for 1 minute, while getting your work set weight;
Perform the first work set of 12 repps of Lateral Raise; Rest for 1 minute;
Perform the second work set of 12 repps of Lateral Raise;

Rest for 1 minute, while preparing for a warm-up set of **Barbell Curl** (we're going to use dumbbells);
Perform a warm-up set of 12 repps Barbell Curl;
Rest for 1 minute, while preparing your work weight;
Perform the first work set of 12 repps of Barbell Curl; Rest for 1 minute;
Perform the second work set of 12 repps of Barbell Curl;

Take 15 seconds to prepare for a warm-up set of **Triceps Extension, page 174.**;
Joe should do 12 repps of Triceps Extension. Warm-up set;
Take 10 seconds to switch to Rhonda;
Rhonda should do a warm-up set. 12 repps;

Take 10 seconds to switch back to Joe and his work weight;
Joe should do a 12 repps work set;

Take 10 seconds to switch back to Rhonda and her work weight;
Rhonda should do a 12 repps work set;

10 seconds to switch back to Joe;
Joe's second 12 repps work set;

10 seconds to switch back to Rhonda;
Rhonda's second 12 repps work set;

Take 30 seconds to prepare for **Crunches, page 184** and let Rhonda rest a bit;
Perform 30 crunches in 90 seconds;
Rest for 1 minute;
Perform a second set of crunches for 90 seconds;

Time to stretch;

Overhead Stretch, page 235.

Stand on both feet with your arms at your sides. Take a deep breath and raise your arms overhead. While exhaling cross your arms overhead and reach up as far as you can. Hold for 45 seconds;

Relax your arms to your sides. Perform a second Overhead Stretch, crossing your arms in the opposite direction. Hold for 45 seconds;

Hip Stretch, page 229. This is Rhonda's Periformis stretch.

Perform hip stretch for your right leg for 45 seconds;

Relax your right leg down and perform the stretch for your left leg for 45 seconds;

Repeat the Hip stretch for your right leg for 45 seconds;

Repeat the Hip stretch for your left leg for 45 seconds;

Low Back/ Hip Stretch page 230. This is the one leg bent, foot to your thigh style stretch.

Perform the Low Back stretch with your right leg over for 45 seconds;

Switch to the left leg over for 45 seconds;

Repeat the Low Back stretch with your right leg over for 45 seconds;

Switch to the left leg over for 45 seconds;

Latissimus Stretch, page 231.

Perform Latissimus Stretch with your right arm on the ball for 45 seconds;

Switch to your left arm on the ball for 45 seconds;

Repeat Latissimus Stretch with your right arm on the ball for 45 seconds;

Switch to your left arm on the ball for 45 seconds;