

Add these exercises into your program to make sure you get the most of the snow season and reduce the risk of injury.

Correct technique is crucial so if you're not sure, check out the website and watch the videos or flick me a message if you have any questions.

To improve leg strength

Squats: 10 x 3 @ 75-85% with 30 seconds of rest.

To improve ankle and calf strength

Heel Toe Walks: 3-6 laps of a 20 metre length on each side

To improve core strength

Palof Press : 10 x reps each side – 3 to 4 sets

Palof Press with Band : 10 x reps each side – 3 to 4 sets

Woodchops : 10 x reps each side – 3 to 4 sets

To improve overall conditioning and aerobic endurance

Circuit: 6 x rounds of 5-minutes at 80-90% intensity > 5 minute breaks in between.

An example circuit might look like this:

- 10x trap bar explosive jumping squats
- 20x box jumps with squat landing (step down)
- 4x 10m sled sprints
- Skipping Rope remainder of 5 minutes