

THE SKI STRONG PROGRAMME

Print this off & tick each day when you complete your workout. There are links to videos if you click on it!

For Cardio you can click on the links to try classes or videos or do your own thing! Times suggested are a minimum!

Go back and repeat days 22-28, tapering off to just restoration and mobility the week before your holiday.

DAY 1 <u>PRE SKI MOBILITY</u> <u>10-20 MINS LIGHT CARDIO</u>	DAY 2 <u>SKI STRONG</u>	DAY 3 <u>APRES SKI RESTORATION</u> <u>20 MINS MOD/HARD CARDIO</u>	DAY 4 <u>PRE SKI MOBILITY</u> <u>20 MINS MODERATE CARDIO</u>	DAY 5 <u>APRES SKI RESTORATION</u>
DAY 6 <u>SKI STRONG</u> <u>20 MINS LIGHT CARDIO</u>	DAY 7 <u>APRES SKI RESTORATION</u>	DAY 8 <u>PRE SKI MOBILITY</u> <u>20 MINS MOD/HARD CARDIO</u>	DAY 9 <u>SKI STRONG</u>	DAY 10 <u>APRES SKI RESTORATION</u>
DAY 11 <u>PRE SKI MOBILITY</u> <u>20 MINS MOD/HARD CARDIO</u>	DAY 12 <u>SKI STRONG</u>	DAY 13 <u>APRES SKI RESTORATION</u>	DAY 14 <u>SKI STRONG</u> <u>20 MINS LIGHT CARDIO</u>	DAY 15 <u>PRE SKI MOBILITY</u> <u>20 MINS MODERATE CARDIO</u>
DAY 16 <u>SKI STRONG</u>	DAY 17 <u>APRES SKI RESTORATION</u> <u>20 MINS CARDIO</u>	DAY 18 <u>TRIED OUR LIVE STRONG CLASS?</u> <u>BOOK YOUR FREE TRIAL</u>	DAY 19 <u>PRE SKI MOBILITY</u> <u>10-20 MINS LIGHT CARDIO</u>	DAY 20 <u>SKI STRONG OR LIVE STRONG CLASS</u>
DAY 21 <u>APRES SKI RESTORATION</u> <u>20 MINS CARDIO</u>	DAY 22 <u>SKI STRONG</u>	DAY 23 <u>PRE SKI MOBILITY</u> <u>20 MINS MOD/HARD CARDIO</u>	DAY 24 <u>SKI STRONG OR LIVE STRONG CLASS</u>	DAY 25 <u>PRE SKI MOBILITY</u> <u>20 MINS MODERATE CARDIO</u>
DAY 26 <u>SKI STRONG</u>	DAY 27 <u>APRES SKI RESTORATION</u>	DAY 28 <u>SKI STRONG OR LIVE STRONG CLASS</u>		

[Click here to buy your Ski Erg simulator exercise kit.](#)