

# 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!

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

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.

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