

Cross-Country Skiing



Cross-country skiing is a form of skiing where skiers rely on their own power to move across snow-covered terrain rather than using lifts for assistance. These athletes are known as some of the most cardiovascularly fit in the world, but the involvement of upper body is widely underestimated by those who are unfamiliar with the sport.

*Please advise the Wellness Centre Staff if any modifications are required

Cross-Country Skiing Workout of the Day

10 Push Ups

10 Tricep Pressdown

10 Inverted Rows

2 minutes Elliptical Sprint

Complete as many rounds as possible in 10 mins

