

Alpine Skiing



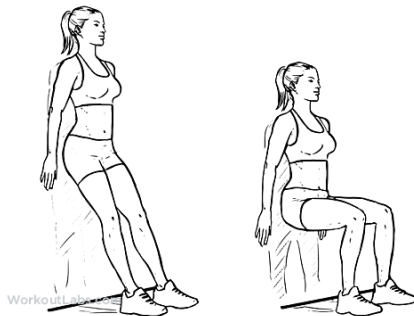
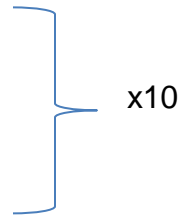
Alpine skiing, also known as downhill skiing, is the winter sport involving sliding down snow-covered hills on skis with fixed heel bindings. Alpine skiing involves a combination of strength (lower body, abdominal and low back), power, balance and agility to deliver optimum performance.

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

Alpine Skiing Workout of the Day

30 Second Squat Hold or Wall Sit

20 Seconds of Two Foot Lateral Bounding



Biathlon

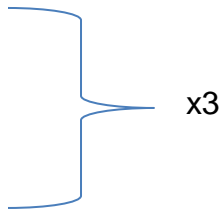


Biathlon is the winter sport that combines cross-country skiing and rifle shooting. Strong cardiovascular endurance is required to perform the skiing component, while advanced shooting skills under fatigued circumstances are essential to sync the two events.

Biathlon Workout of the Day

500 m Row

Toss 5 bean bags at target



Bobsleigh



Bobsleigh is the winter sport in which teams of two or four make timed runs down a narrow, twisting, banked ice tracks in a gravity-powered sled. Explosive power is at the core of bobsled training to bring a heavy sled from a dead stop to top speed in less than 40 meters. Strong hips and legs are essential in this power development.

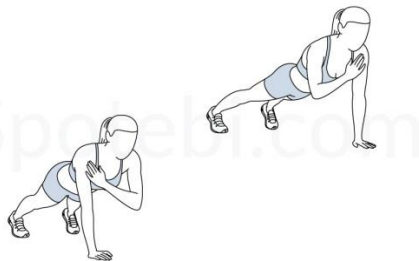
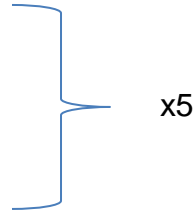
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Bobsleigh Workout of the Day

30 Second Treadmill Sprint

20 Squat to Press

1 Minute High Plank Shoulder Tap



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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.

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Cross-Country Skiing Workout of the Day

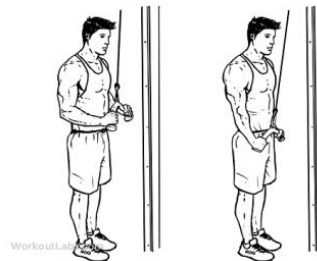
10 Push Ups

10 Tricep Pressdown

10 Inverted Rows

2 minutes Elliptical Sprint

Complete as many rounds as possible in 10 mins



Curling



Curling is the winter sport in which players slide stones down a sheet of ice towards a target area of 4 concentric circles. While the game is highly strategized, players require an elite level of strength, cardiovascular training and flexibility to deliver a strong performance in throwing and sweeping.

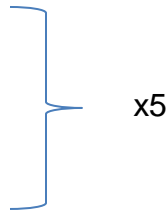
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Curling Workout of the Day

10 Renegade Row

20 Walking Lunges

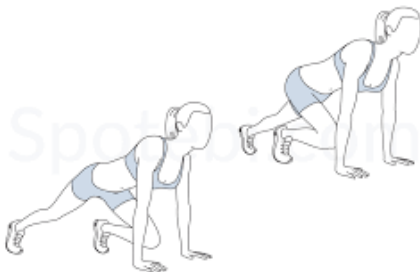
1 Minute of Mountain Climbers



Renegade Row



Walking Lunge



Mountain Climbers



Figure Skating

Figure Skating is the winter sport which individuals, duos or groups perform a choreographed routine of jumps and spins on an iced surface wearing figure skates. Unparalleled strength and stability is required to make movements look effortless and to ensure landings stick.

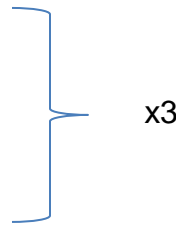
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Figure Skating Workout of the Day

20 Wood Chops on Bosu

Single Leg Quarter Turn Hops (CW&CCW)

10 Bird Dog X



Wood Chops on BOSU



Single Leg Quarter Turn Hops



Hold 3 seconds

Hold 3 seconds

Bird Dog X



Freestyle Skiing

Freestyle skiing is the winter sport which consists of a skier performing aerial flips and spins, and can also include sliding rails and boxes on their skis. While it's easy to assume that legs are heavily required it is actually core strength and maintaining a solid center of gravity that propels your skiing skills to the next level.

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Freestyle Skiing Workout of the Day

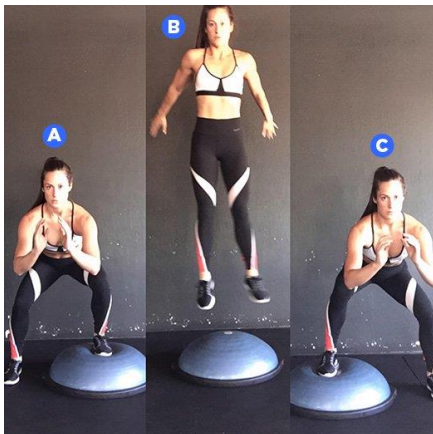
1 minute of BOSU Lateral Jump Squat

12 Stability Ball Bicycle Crunches

12 Stability Ball Core Rotation

15 BOSU Quarter Turns (CW & CCW)

X 3



Ice Hockey



Ice hockey is a contact team sport played on ice in which two teams of skaters use sticks to shoot a vulcanized rubber puck into their opponents net to score points. Olympic level hockey players have unparalleled power and agility. Time on the ice is short, but effort is maintained at 100%.

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Ice Hockey Workout of the Day

Up Down on Step for 30 seconds

Step Toe Tap for 30 seconds

Burpee Box Jump Combo 30 seconds

X 4 - rest for a full 1 minute b/w



Luge



Luge is a winter sport in which either a one or a two-person gravity powered sled is raced down a narrow, twisting, banked ice track for time. An explosive start via a pulling motion paired with paddling will set a luger up for success, but core strength, body awareness and steering will help them successfully finish the race.

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Luge Workout of the Day

10 Overhand Bent Over Barbell Rows

10 Medicine Ball Slams onto low plyo-box

20 Calf Raises

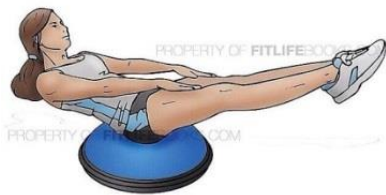
Bosu Boat Pose – 30 seconds

10 V Sit Ball Circles (CW & CCW)

x 3



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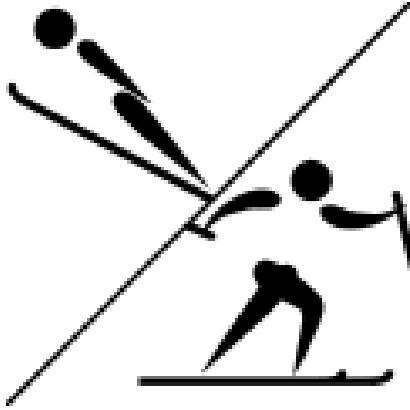


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Nordic Combined

Nordic Combined is a winter sport in which athletes compete in both cross-country skiing and ski jumping. In addition to having the overall strength and cardiovascular capacity for cross-country skiing, these athletes must also have the balance, coordination and core strength required for flawless ski jumping.

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Nordic Combined Workout of the Day

1000 m Row

20 Alternating Stride and Twist

20 Single Leg Squat Reach

1 Minute of Skipping

X 1





Short Track Speed Skating

Short track is a form of competitive speed skating consisting of multiple skaters racing for time on an oval ice track. Speed skaters can reach speeds close to 60 km/h using incredible leg and glute strength to propel themselves, impeccable balance to prevent from tipping, and strong cardiovascular fitness to maintain speed.

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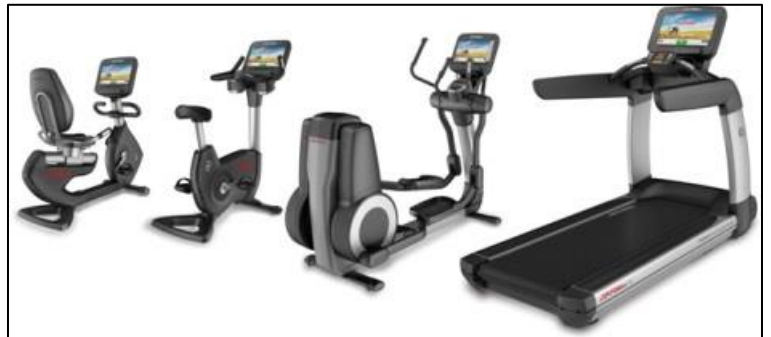
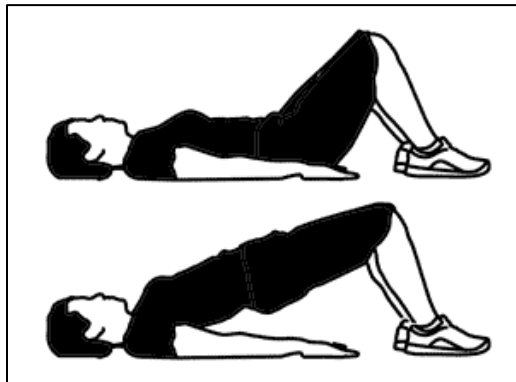
Short Track Workout of the Day

20 Bridges

2 Minutes of Cardio

30 Second Single Leg Bosu Balance

x 3



Skeleton

Skeleton is the winter sliding sport in which a person rides an individual sled down a narrow, twisting banked ice track in a prone (face down) position. Similar to bobsled, skeleton athletes require explosive hip and leg strength to push the sled. This sport differs from bobsleigh in that the rider is solo and navigating the track head first.



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Skeleton Workout of the Day

15 Supermans

1 Minute Decline Plank

X 10



Ski Jumping



Ski jumping is a winter sport in which skiers go down an in-run ski ramp, jump, and attempt to land as far down the hill as possible. There are four components to the jump; the in-run (balance), take off (precision at high speed), flight (body awareness), and landing (lower body strength and stability).

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Ski Jumping Workout of the Day

10 Reverse Lunge w. Knee Drive

10 Box Jump

10 Kettlebell Swings

10 Two-Foot Box Hop Downs

X 3





Snowboarding

Snowboarding is the winter sport that involves descending a snow-covered slope while standing on a board that is attached to the rider's feet. Olympic level snowboarding combines explosive movements that incorporate power, rotational abilities and a solid upper body and core.

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Snowboarding Workout of the Day

10 Rotating Box Jump

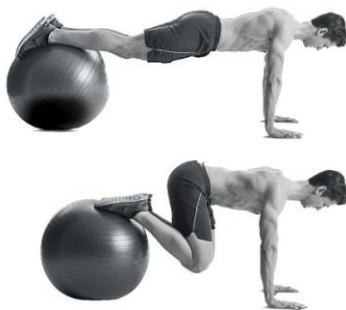
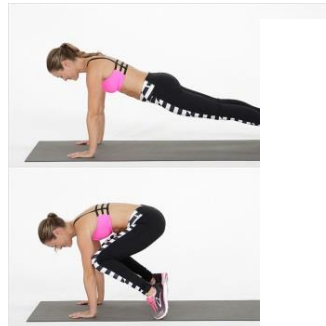
10 Double Mountain Climber

10 Woodchops per side

10 Stability Ball Knee Tuck

1 Minute Wobble Board Balance

x3





Speed Skating

Speed Skating is a competitive form of ice skating in which competitors race each other around an oval iced track, travelling certain distances on skates. Similar to speed skating, incredible glute strength is required to propel the skaters up to speeds of 60 km/h.

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Speed Skating Workout of the Day

1 minute Speed Skaters

10 Mini Band Side Steps

10 Mini Band Clamshells

10 Single or Double Leg Mini Band Bridge

x3



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B

