

POWER SKI 1



POWER SKI CLASS:

As part of our Power Fitness Series, this sport-specific class is designed to get you prepared for the slopes. It provides basic conditioning for the core and legs to help reduce the risk of injury. The class focuses on the instability created with Acceleration Training™ to rapidly increase dynamic stability, making you more powerful and secure. With the notable advances in strength, circulation, stamina and overall fitness levels, this class will have you ready for alpine challenges in no time.

FITNESS LEVEL: BEGINNER/INTERMEDIATE

Class Format:

- Movement Preparation x 4
- Stability & Coordination x 2
- Strength & Power x 3
- Core and Pillar x 3
- Massage x 3

Terminology Key:

Sets/Duration: Number of times exercise is performed and the amount of time you set the machine for

Frequency/Amplitude: The number of Hz to set your machine and the level of amplitude, either low or high

Execution:

Passive: Relaxed

Static: Tensing the muscle without making any actual movement; hold the exercise position

Static Variable: Changing or varying the joint angle of the exercise while in a static position

Dynamic: Physically moving throughout the exercise

Super Set: Going back and forth between two exercises

Circuit: Completing a number of different exercises in order, and then completing all exercises again in the same order to complete the circuit.

MOVEMENT PREPARATION

Preparation 1: Kneeling Lat Two Arm



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30 Hz/Low

Preparation 2: Kneeling Inner Thigh



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30 Hz/Low

Preparation 3: One Leg Hamstring



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30 Hz/Low

Preparation 4: Hip & Quad Stretch



Sets/Duration
1 x 30 seconds
Frequency/Amplitude
30 Hz/Low

GENERAL CLASS GUIDELINES

- PROGRESSION:** All exercises must be progressed slowly.
How to progress an exercise:
 1. Change the joint angle
 2. Phase out handle use
 3. Increase time duration of exercise
 4. Decrease rest period
 5. Increase frequency (Hz)
 6. Increase amplitude (low or high)
 7. Add extra weight (load)
- HYDRATION:** Remember to always stay hydrated. Drink plenty of water before, during, and after exercises.
- SETTINGS RECOMMENDATIONS:**
 - **Movement Preparation** recommended settings are usually 30 Hz for 30 seconds on Low Amplitude
 - **Massage** recommended settings are usually 35/40 Hz for 60 seconds on either High or Low Amplitude

STABILITY & COORDINATION— REST FOR ONE MINUTE BETWEEN SUPERSETS

Exercise 1: SL Balance (side excursion)



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30 Hz/Low
Execution
Static Variable

Exercise 2: Step Down to Balance



Sets/Duration
2 x 30 seconds
Frequency/Amplitude
30 Hz/Low
Execution
Dynamic

SUPER SET

STRENGTH & POWER CIRCUIT- REST FOR ONE MINUTE AFTER COMPLETING

CIRCUIT ONE

Exercise 1: Split Squat



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
35-40 Hz/Low
Execution
Static

Exercise 2: Two Arm Deadlift



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
35-40 Hz/Low
Execution
Static

Exercise 3: Push-up



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
35-40 Hz/Low
Execution
Static

CORE & PILLAR CIRCUIT- REST FOR ONE MINUTE AFTER COMPLETING

CIRCUIT TWO

Exercise 1: Kneeling Back Extension



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Execution
Static

Exercise 2: Front Plank



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Execution
Static

Exercise 3: Lateral Plank



Sets/Duration
2 x 45 seconds
Frequency/Amplitude
30-35 Hz/Low
Execution
Static

MASSAGE & RELAXATION

Massage 1: Quad Massage



Sets/Duration
1 x 60 seconds
Frequency
35-40 Hz
Amplitude
Low or High

Massage 2: Inner Thigh Massage



Sets/Duration
1 x 60 seconds
Frequency
35-40 Hz
Amplitude
Low or High

Massage 3: Lateral Thigh/ITB Massage



Sets/Duration
1 x 60 seconds
Frequency
35-40 Hz
Amplitude
Low or High