



October 2017

Ski Training

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1 Rest	2 2x30 sec Tuck Drill 30 sec Plank Series 10 DL Bridges 10 Clamshells	3 2x35 sec Tuck Drill 35 sec Plank Series 12 DL Bridges 12 Clamshells	4 2x40 sec Tuck Drill 40 sec Plank Series 15 DL Bridges 15 Clamshells	5 Rest	6 2x45 sec Tuck Drill 45 sec Plank Series 20 DL Bridges 20 Clamshells	7 2x1 min Tuck Drill 50 sec Plank Series 25 DL Bridges 25 Clamshells
8 Rest	9 30 sec Tuck Drill+ 55 sec Plank Series 10 DL Bridges+ 10 Side Hip Abd	10 35 sec Tuck Drill+ 60 sec Plank Series 12 DL Bridges+ 12 Side Hip Abd	11 40 sec Tuck Drill+ 65 sec Plank Series 15 DL Bridges+ 15 Side Hip Abd	12 Rest	13 50 sec Tuck Drill+ 70 sec Plank Series 20 DL Bridges+ 20 Side Hip Abd	14 60 sec Tuck Drill+ 75 sec Plank Series 25 DL Bridges+ 25 Side Hip Abd
15 Rest	16 30 sec Jump Squats 2x30 sec Planks+ 10 SL Bridges 10 Plank+ Hip Abd	17 35 sec Jump Squats 2x35 sec Planks+ 12 SL Bridges 12 Plank+ Hip Abd	18 40 sec Jump Squats 2x40 sec Planks+ 15 SL Bridges 15 Plank+ Hip Abd	19 Rest	20 45 sec Jump Squats 2x45 sec Planks+ 18 SL Bridges 18 Plank+ Hip Abd	21 60 sec Jump Squats 2x60 sec Planks+ 20 SL Bridges 20 Plank+ Hip Abd
22 Rest	23 5 Burpees 10 Forward Lunges 25 SL Bridges 10 Hip Hinges	24 7 Burpees 12 Forward Lunges 30 SL Bridges 12 Hip Hinges	25 9 Burpees 15 Forward Lunges 35 SL Bridges 15 Hip Hinges	26 Rest	27 10 Burpees 18 Forward Lunges 10 SL Bridges+ 18 Hip Hinges	28 12 Burpees 20 Forward Lunges 12 SL Bridges+ 20 Hip Hinges
29 Rest	30 15 Burpees 10 Jumping Lunges 15 SL Bridges+ 25 Hip Hinges	31 18 Burpees 12 Jumping Lunges 18 SL Bridges+ 28 Hip Hinges	Nov 1 20 Burpees 15 Jumping Lunges 20 SL Bridges+ 30 Hip Hinges			

Notes

- See attached page for description of exercises. Check our Facebook page each Monday for pictures of the exercises ([facebook.com/GPTseattle](https://www.facebook.com/GPTseattle))
- DO NOT push through pain with an exercise. Fatigue is ok, pain is not. If you have pain, consult your physical therapist for evaluation.
- Perform these exercises in addition to your normal workout routine. Don't forget to add some cardio in too!
- If you have any questions, feel free to contact Theresa at theresa@greenwoodpt.com