

Week 4 Snowboard Training

Week 4	Warm up	Strength Movements	Conditioning
Trunk Stability	3 Rounds	4 Rounds	5 RFT
	8 Center Wood Chops	8 Spider Man Push Ups	12 Sumo Deadlift High Pulls
Warm Up	8 ATV	10 Long Stride Lunges	12 Get Up Sit Ups
Strength Movement	8 Alternating Pyramid Steps	20 Clean and Press	12 Lunge Walk Twists
Conditioning	8 Half Kneel Hip Flexor Stretches	12 Russian Swings	24 Bicycle Crunches
Landing	3 Rounds	4 Round - 4 Minute Cycle	Death by 2s
	20" Childs Pose	16 Single Heel Let Downs	Jump Depth Drop
Warm Up	20 Elevated Mountain Climbers	16 Side Shuffle and Stick	Clean Squat and Press
Strength Movement	10 Air Squats	8 Tall Kneel Fall Backs	Ollie Snap Downs
Conditioning	10 Snap Downs	16 Side Lunge Presses	
Strengthening	3 Rounds	6 Rounds - 2:30 Cycle	Burpee ULFT
	10 Phelps Swings	8 Sumo Deadlift High Pulls	10 Jumping Jacks
Warm Up	10 Leg Swings Front to Back	8 Push Ups	20 Alternating Russian Swings
Strength Movement	10 Leg Swings Side to Side	8 Overhead Pulls	25 Tuck Ups
Conditioning	10 Cat Cows	10 American Swings	3, 6,..., 18 Burpees
	10 Tail Wags		
Trunk Rotation	3 Rounds	5 Rounds - 2:30 Cycle	5 RFT
	10 Sidelying 90-90 Stretches	10 Side Plank Leg Lifts	20 Push Up Side Hops
Warm Up	10 Bear Crawl Lower Trunk Rotations	10 Weighted Single Leg Deadlifts	10 Shoot the Leg
Strength Movement	10 Quadruped Thread the Needle	10 Windmills	20 Starfish
Conditioning	10 Half Kneel Side Stretch	10 Bulgarian Split Squats	10 90 Degree Chop Hops
Jumping	2 Rounds	3 Rounds - 3 Minute Cycle	8 Minute AMRAP
	12 Walking Lunge Stretch	20 Snatches	12 Plyo Lunge
Warm Up	12 Cossack Squats	10 Box Jumps	12 Knee to Chest Jumps
Strength Movement	12 Narrow Swings	20 Reverse Lunge and Press	12 Goblet Squat Presses
Conditioning	12 Kang Squats	20 High Skips	12 Heel to Butt Jumps
	12 Snap Downs		
Balance	4 Rounds	4 Rounds - 2:30 Cycle	Burpee ULFT
	10 Squat Heel and Toe Rocks	16 Leg Sweepers	2, 4,..., 12 Burpees
Warm Up	20 Eyes Closed Tandem Steps	16 Single Leg Deadlift Squats	40 Heel Walk Steps
Strength Movement	4 Inch Worms	24 Lunge Toe Taps	30 Diagonal Chops
Conditioning	16 Y Taps		20 Speed Skater Hops