

Zoom Downhill Skiing Exercises YouTube

The Only Ski Fitness Exercises You'll Need – 3 sets (2 minutes)

<https://video.search.yahoo.com/search/video?fr=mcafee&p=zoom+skiing+exercises+youtube#action=view&id=6&vid=5e1474e2b2725865a52e3db0044588ee>

- Standard & Side Plank – start on all fours, switch to side 1 hand on ground, 60 sec
- Squats – bend knees, put hands out, 10 reps
- Lunges – 10 reps each side
- Side Jumps – 20 jumps

Ski Conditioning Week 2 – 2 sets (4 minutes, then shows skiing while conditioning)

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- Dying Bug – on back, leg & opposite arm toward floor, 10 reps
- Single Leg Bridges – on back, 1 leg bent, other leg lifted straight, 10 reps
- Bulgarian Lunge – back foot on chair & lunge downward, 10 reps
- Side Planks – lie on side on elbow, lift top leg & arm, 30 sec each side
- One Legged Squats – come close to sitting on chair with 1 leg on floor, other leg moves forward, 10 reps

Ski Fit Workout – 2 sets (8 minutes)

<https://video.search.yahoo.com/search/video?fr=mcafee&p=zoom+skiing+exercises+youtube#action=view&id=7&vid=71b7d14dc5e937af3a7f06bf901a3a06>

- Skater Lunge – leg goes behind other leg & opposite hand on ground, 20 reps
- Squats – 3 pulse squats & jump, 10 reps
- Side Jumps – jump side to side with arms up to chin, 20 reps
- Working Arms Each Side – put 1 arm downward & other arm/elbow slightly up, 20 reps
- Twist – tiny jumps right & left with arms at shoulder height, 30 reps

4 Ski Exercises to get you Pumped for the Snow – 3 sets (7 minutes-sound not very loud)

<https://video.search.yahoo.com/search/video?fr=mcafee&p=zoom+skiing+exercises+youtube#action=view&id=4&vid=4879238068d07ec06742545bc30c155e>

- Bunny Hop – Jump back & forth over line moving forward, hands on hip, up & back 3 times
- Traveling Lunges – Step & double lunge, hands on hip, 8 reps
- Squats – bend at knees with back straight & arms crossed on shoulder, 8 reps
- Wall Sit – back flat on wall with knees bent, hold for 1 minute

Zoom Snowboarding Exercises YouTube

5 Snowboard Exercises for Beginner Training – 3 sets (3 minutes)

<https://video.search.yahoo.com/search/video; ylt=AwrgDul4sNtfXmMAD6xXNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZAMec2VjA3Nj?p=zoom+snowboarding+exercises+youtube&fr=mcafee#id=12&vid=293b1af81db084096ab9d6b8562e02d6&action=view>

- Squats – legs shoulder width apart, bend knees, head looking up, put hands out, 10 reps
- Bicycling – on back, head up, bicycle with legs, hands by ears, elbows opposite legs, 1 minute
- Lunges – knee to ground, other knee above ankle, 10 reps each side
- Bridges – on back with knees bent & feet on ground, hands on ground, lift back, keep back straight, 10 reps
- Push-ups – keep back straight, 10 reps

Zoom Cross Country Skiing Exercises YouTube

Burst Cross Country Skiing – 2 sets (2 minutes)

<https://video.search.yahoo.com/search/video?fr=mcafee&p=Burst+Cross+Country+Skiing+youtube#id=1&vid=d1ee9e1be87e40511f7ea7daa41fd9b2&action=click>

- Walk in place
- Diagonal Stride in place

Fitness Circuit for Cross Country Skiing 60 seconds per side, 1-4 reps (3 minutes)

<https://video.search.yahoo.com/search/video; ylt=AwrgDssUz9tfoScAIMFXNyoA; ylu=Y29sbwNncTEEcG9zAzEEdnRpZAMEc2VjA3Nj?p=zoom+cross+country+skiing+exercises+youtube&fr=mcafee#id=61&vid=7c5804c7ca05e631aea84f0ddcf9f9e3&action=view>

- Hip Rotation – 1 leg at a time, lift leg & rotate out
- Plank – diagonal stride
- Side Step – lunge 1 side then the other, hands on hips
- Resistance Band on Ankles – 1 leg abduction (optional)
- Plank Rotation – shoulder shift
- Squat Jump – in and out with feet
- Push Ups – hand touch shoulder
- Basic Jumps – with mini band, stairs (optional)
- Side Plank – knee to chest
- Wide Lunge -stairs
- Lunge Rotation – elbow to ground, then reach hand up
- Glute – while standing, foot to opposite knee

Zoom Snowshoeing Exercises YouTube

Snowshoeing Techniques – (4 minutes)

<https://video.search.yahoo.com/search/video; ylt=AwrvBLtc NxfPI8AVHL7w8QF; ylu=c2VjA3NIYXJjaAR2dGlkAw--; ylc=X1MDOTY3ODEzMDcEX3IDMgRhY3RuA2NsawRjc3JjcHZpZAN5blpsVGpFd0xqS2xJc2lqWDZIUU1RSXFOekF1TVFBQUFBQzV2MXZiBGZyA21jYWZlZQRmcjIDc2EtZ3AEZ3ByaWQDbmhheGNraGtUd2V0MHoxblVSSzIJQQRuX3JzbHQDNjAEbl9zdWdnAzEEb3JpZ2luA3ZpZGVvLnNIYXJjaC55YWVhby5jb20EcG9zAzAEcHFzdHIDBHBxc3RybAMEcXN0cmwDMjEEcXVlcnkDc25vd3Nob2VpbmclMjB5b3V0dWJlBHRfc3RtcAMxNjA4MzE4NzMw?p=snowshoeing+youtube&ei=UTF-8&fr2=p%3As%2Cv%3Av%2Cm%3Aa&fr=mcafee#id=8&vid=bd96ed5712a290677dd2e4a8072caad3&action=view>

- Snowshoeing Techniques (many of these techniques apply also to cross country skiing) – turning (tips apart, tails apart, 180° turn, hop turn), walking (lift front tip), backing, falling & getting up (take poles off, get on back, roll over to front), hills (traverse or go across hill, side step)