

Glossary of Terms

Camelback Ski Team Home Work Out

DAY 1: CHEST & BACK

Standard Push-up: Hands are shoulder-width apart.

Heavy Pants: Standing with one leg stepped forward, bend at waist keeping back straight, extend hands (with weights) to ankles, pull hands up to waist (like pulling pants up)

Wide Fly Push-up: Hands are wider than shoulders.

Lawnmower: Lunge position (one leg steps out, other leg is straight and extended back, get low in this position) Ex. Lunge forward with left leg, rest left elbow on left knee holding a firm position. Then with weights in right hand, start with weights at your left ankle and pull them up across your chest cocking the right arm and open the chest up to the sky (like pulling the cord on a lawnmower).

Decline Push-up: Standard push-up, but with feet elevated on a chair.

Back Fly: Can be seated on the edge of a chair or standing. Bend at the waist keeping back straight. Extend hands (with weights) to the ground and pull them up, keeping elbows away from the ribs while trying to squeeze the shoulder blades together.

Dive-Bomber Push-Up: Start in a normal push-up position, then walk your feet in a step or two, keeping them in a wide stance, apart from each other. This will cause your butt to come up in the air. In this position, bend your arms and lower your nose to the ground—as you approach the ground, let your head and shoulders swing over your hands and come up into a straight arm position with your hips low to the ground. Legs should be fairly straight the whole time. Reverse this entire motion to return to the original, elevated-butt position (this exercise simulates you going back and forth underneath a fence). Modify—forget the return portion and just raise your butt back up into the starting position. This one is tough—if you struggle, just do normal push-ups, but with a 4-count down, and a 4-count back to the starting position.

Ab Ripper These are not the standard “easy” crunch or sit-up. They are tough exercises!! Do as many as you can, take a break if you have to, and then complete each exercise. If you’re really struggling, do fewer reps, but try to increase your number to reach 25 reps.

In & Out: Start in a sitting position with legs straight out in front of you. Lean your shoulders back a little bit and place hands on floor for support (hands should be fairly close to your butt). Keep your back straight, not rounded. Raise feet off the ground and pull heels in and then extend out again, keeping feet off of the floor.

Seated Bicycle (front + back): Same starting position as In & Out. Get feet off the ground and “pedal” 25x in a forward direction. Repeat the exercise, but with 25x in a reverse direction.

Seated Crunchy Frog: Same starting position as In & Out. Lift feet off the ground, and get hands off the floor and extend them straight out to the sides. This will leave you balancing on your tail bone. Pull knees into chest while taking arms and wrap them around your legs—don't actually grab or hold on to your legs, just wrap the arms. Open arms back out to sides while extending heels out to straight leg. This is 1 rep.

Wide Leg Sit-up: Lie on back, legs flat on the ground, but with feet a few feet apart. Place left hand behind head, right hand extended straight out in front pointing to ceiling. Sit straight up in this position with right hand reaching “up and out” FIRST (should be sitting upright now), then twist right hand to touch left toe. Come back down to back, switch hand positions, sit-up and reach left hand, then twist to touch right toe...

Hip Rock'n Raise: Start on back, bend knees and bring heels together while spreading knees apart. Keep this position with the legs—do not spread feet, do not straighten legs, do not bring knees together. Hands should be straight down at your sides. With feet on the ground to start rock them up into the air getting them straight above your hips (not over the chest or head), then lift butt off the ground raising feet and hips straight into the air, come back down and repeat.

Pulse-up (Heels to Heaven): Lie on back with legs straight. Keep legs straight while swinging feet up in the air--your soles should be facing the ceiling. Keep feet in this position. Lift feet straight up to the ceiling getting butt and hips off the ground.

Roll-up/V-up Combo: Start on back, legs out straight, both hands extending towards the ceiling. Sit straight up and reach hands to touch toes. Come back slowly—as your lower back starts to make contact with the ground, get feet up into the air and reach up to touch toes again. You will be in a “V” position at this point—focus on keeping back straight and closing gap between shoulders and ankles. Come back to starting position. This whole process counts for 2 reps.

Oblique V-up: Start on left side, with left arm on the ground, hand should be close to waist. Place right hand behind head. Legs are extended straight down—bend at hips bringing them about 30° out in front of body. Squeeze upper body off the ground while bringing legs up in the air—close the gap between upper and lower body as much as possible. Left hand and elbow stays on the ground for support. Once off the ground, keep shoulders and feet in the air.

Leg Climb: Start on back with legs flat on floor. Bend right knee into the air, right foot on the ground. Keeping left leg straight, raise it up to match the angle of your right leg at the thighs—keep it here. You can use your hands to now “climb” up your left leg to touch the toes. Fewer, or no grabs at all, is harder.

Mason (Kayak) Twist: Start in the In & Out position. Raise feet in the air—keep them up. Bring hands in front and fold the hands. Start by twisting at waist and touching knuckles to the floor on the left side. From here twist to the right and touch knuckles to the floor, return to start. This is 1 rep. Don't stop between reps—pump out as many as you can without stopping!

Day 2: Plyometrics 1

Jump Squat: Standing, feet shoulder width apart. Squat down (butt to heels) as low as you can while keeping chest upright (get thighs parallel to floor—MINIMUM) and come up to full extension of legs, getting feet off the floor. You do not need to jump very high, just get feet off the floor. As you squat down, bring hands up in front of chest, and propel them down to sides as you spring up. Repeat.

Run-Stance Squat: Start in standing position, then step right foot forward and crouch a bit like you are lining up at the starting line of a race. Keep feet in this position and squat as low as you can. Reps should be one right after another. Feeling good (wait until 2nd or 3rd week)? Then do 20 reps followed by the last 10 reps of getting your feet off the ground and landing in the same position.

Airborne Heisman: You know the pose—the college football player of the year award... Start standing on left leg, bring right knee up, left arm is bent, right arm is extended straight over right leg at side. Hop on to right leg and hold the same pose with left knee up. Hold the pose for at least a second—you want your body to learn to catch itself and balance. Each hop is 1 rep. Try to maximize lateral distance in each hop.

Swing Kick: Grab a chair or bar stool and place directly in front of you. Plant left foot and swing right leg from the outside OVER the stool (crossing in front, moving to the left) and place foot on ground. Swing right foot back over the stool, moving to the right. Switch legs. Keep legs straight while in swinging motion.

Jump Knee Tuck: In standing position, jump while bringing knees up to waist. Chest and head should not really have to get high into the air, focus more on bringing legs up. Moderate pace should be one rep right after another but at a speed that is manageable. During the sprint, go as fast as you can minimizing the time that feet make contact with the floor.

Leap Frog Squat: Feet wide, drop into a squat. Toes and knees should be out--hold this position. Without coming up too much, leap forward and land in low position, keeping feet wide. 2 reps forward followed by 2 reps back. Repeat.

Twist Combo: Standing with feet together, arms up like holding ski poles. Hop up, turn and land with feet facing to the left, hop and face forward, hop and face right, hop and face forward... Keep upper body facing forward as much as possible during the first 30 sec, swing hips to face other directions. Last 30 sec, do a complete 180° turn to the left, land, 180° turn to the right... On repeat cycle, do 180° turn to the right, then left.

Heel Jumps: Start in standing position, jump and bring heels to left side of butt (knees should stay down). Bring heels to right side on repeat cycle.

Day 3: LEGS & BACK

Single-leg Balance Lunge: Start with left foot on floor, prop right foot up on a chair behind you. Squat down into lunge position, balancing on left leg, come up. When dropping down into lunges, foot should be far enough out in front so that as you lower yourself down into the squat, your knee remains “above” the ankle, not going out OVER the ankle.

Elbows-out Lawnmower: Same as “Day 1 Lawnmower”, but keep elbows out, as far from the body as possible during the lift/lower phase.

Calf-raise Squat: Same as “Day 1 Jump Squat”, but without the jump part. Instead, come up on to toes at top the top. Can use hand weights to increase the resistance.

Seated Bent-over Back Flys: Same as “Day 1 Back Flys”, but keep elbows flared out from body.

Single-leg Super Skater: Stand on left foot, right leg bent with right toe on the floor. Squat down on left leg while extending right leg out behind you. Left arm swings back, right arm forward. You will look like a speed skater! Come up—1 rep.

Wall Squat: Put back against a wall and drop down into a seated position. Legs should be at a 90° angle.

Superman: Lay on stomach, reach hands over head. Raise legs and arms off the ground as high as you can and hold in peak position. Keep legs and arms straight. Head should remain comfortable between the elbows. 10 sec lift, 5 sec rest, 10 sec lift... 1 min total.

Alternating Side Lunge: Start in standing position, big step out to the left side dropping into a low side lunge. Pop back up. Repeat to the right. Each lunge is one rep. Add weights for resistance.

Step Back Lunge: Start in standing position, step right leg back and squat down into lunge. Left thigh should be parallel with the ground, right leg should be straight. Step back far enough so that the knee does not track out OVER the toes. Add weights for resistance.

Seated Bent-over Rows: Same as “Day 1 Back Flys”, but keep elbows close to ribs.

Dead Lift Squat: Stand on left leg, bend the right leg to keep right foot off the floor. Squat down on left leg and reach hands to touch the floor. Focus more on dropping the butt rather than bending at the waist or back to reach the floor. Come up.

Calf Raises: Start with heels close together and toes pointed out. Stand up on toes and pause briefly. Come down. Do 15 reps slow, followed by 10 sprint reps. Repeat the exercise with toes facing straight forward, and then a 3rd set with the toes in-heels out (fight to keep the heels out).

Day 4: CORE SYNERGETICS

Stacked Foot/Staggered Hand Push-ups: Start at the top of a push-up position—this is called “**PLANK**”, back is flat. Take left foot and stack it on top of the right, pull left hand about 1 palm length down toward the feet, right hand about 1 palm length up toward the head. Do 2 push-ups, then switch the feet and hand positions.

Banana Roll: Start on the stomach and lift legs and arms up into the air (just like “Day 3 Superman”), hold for 10 sec, and then roll onto back while keeping arms and legs off the ground, hold for 10 sec, then roll back on to stomach... do this process for 1 minute.

Prison Cell Push-Up: From standing position bend forward, place hands on floor, and jump or step feet back into plank position. Do a push-up, at the top, bring the right knee in towards the chest, put it back. Do another push-up, this time bring the left knee in at the top and put it back. Do a 3rd push-up then jump or step up into a standing position. Entire sequence is 1 rep.

Side Hip Raise: Lying on side, rest bottom forearm on floor with elbow directly under the shoulder, stack the feet. Place other hand on hip with elbow facing skyward. Lift body off the floor with only the forearm and the outside of the bottom foot supporting your body weight. Raise hips straight up in the air going as high as possible, then lower. Keep hips off the floor during the exercise. Do both sides.

Plank Run: Start in plank position. Alternate knees in toward chest as if running. Try to keep back flat and butt low when doing this exercise.

Towel Hoppers: Standing with both feet together, place a rolled towel on the floor next to your right foot. Keeping feet together, hop to the right going over the towel and land softly on the toes. Hop back over to the left. Repeat for 1 min.

Steam Engine: Stand with feet shoulder width apart, clasp hands behind head, keep elbows wide. Bring right knee up to left elbow, twist at the waist to bring them together. Return to start, then bring left knee to right elbow. Keep upper body UP--try not to bend at the waist to meet the knees. Each knee-elbow motion is 1 rep.

Chair Pose: Start standing with feet together, bend knees 90°, keeping back straight. Reach arms over head (make straight line with back), and sit hips back towards heels. Hold position.

Touch the Sky: Lie on back, raise arms and legs straight up towards the ceiling. Lift up off of shoulders and hips and reach hands and feet to the sky. First lift should just get hips and shoulders off the ground, hold for 20 sec. After 20 sec, reach higher and hold. Reach as high as you can and hold for final 20 sec.

Boat: Sitting up and balance on tailbone, raise both legs up while reaching forward and up with both hands. Keep chest and arms up, back and legs straight. Hold this position. Try to close the gap between your chest and shins.

Deep Torso Twist Hold: Lie on back with arms out to the sides. Lift legs together towards the ceiling and tilt them to the right holding them about 1 foot off the ground. Head should be looking to the left. Keep legs straight and don't let feet drift outwards away from head. Focus on trying to point your toes at the wall behind the top of your head.

Day 5: PLYOMETRICS 2

Jump Squat: Same as Day 2.

Run-Stance Squat, Switch Pick-up: Same as Day 2 Run-Stance Squat, but jump and change foot positions after every squat. Try to touch the floor with every rep. Modify with a step rather than a jump if needed.

Circle Run: Place rolled up towel on the floor. Run a clockwise circle around the towel, always facing forward. Try to keep your head and shoulders as steady as possible, above the towel. Just move the feet. Change directions after 30 sec.

Squat Jack: Start with regular jumping jacks, then clasp hands behind head. While still performing jacks, drop butt down towards the ground to perform jacks in a crouched position for 30 sec. Keep chest upright.

Mary Katherine Lunge: Drop right foot back and get into a left-leg lunge. Jump straight up, switch feet in mid-air, then land in a right-leg lunge. Repeat.

Lateral Leap Frog Squat: Same as “Day 2 Leap Frog Squat”, but moving side to side. From starting position, start with jump to right, come back left. When jumping right, try to get left foot “to or passed” where the right foot started, get right foot to or passed the left foot when jumping left.

Hot Foot: Stand on left foot only and hop side-to-side, then front-to-back. Keep repeating for 30 sec, then switch legs.

Squat Reach Jump: Perform a regular two-legged squat while reaching hands to the floor. As you come up, sweep hands over head and get feet off the ground. Land and repeat.

Day 6: SHOULDERS & ARMS

Shoulder Press: While holding weights, start with hands at shoulders and press them straight over head. Palms face forward while at shoulders, then inward at top of press.

In & Out Bicep Curls: Perform a standard curl (with weights) with palms up grip, then lower. In down position, swing hands out to the side and perform curl away from body, then lower. Rotate back and forth between curls. Keep elbows close to ribs at all times.

Two-arm Triceps Kickback: While standing, step one foot out and bend slightly at the waist keeping back straight. Raise elbows up and to the back while keeping arms bent (hands with weights near shoulder). Straighten arm to kick the weights straight back while keeping elbows stationary. Bring hands back to shoulders.

Deep Swimmer Press: Start with weights and hands at hips. Curl weights to the shoulder, then press hands over head. Reverse motion back to hips.

Full Supination Concentration Curl: Single arm curls with weights, but with hands curling up in front of stomach and chest to reach top position. Curl hands out passed the shoulders, pause, then lower.

Chair Dips: Place chair behind you. Squat down to place palms on edge of chair and extend heels out in front. Bend arms to lower yourself down, go low, then lift back up. Modify by bending knees and bringing feet closer.

In & Out Straight Arm Shoulder Fly: Use lighter weights, start with hands at hips. Keeping arms straight, raise arms straight up in front to shoulder height, lower, then raise arms straight out to the side to shoulder height, lower.

Isolated Bicep Curl: With weights in left hand, drop down into a left-leg lunge and slide left elbow onto the inside of left thigh (can also do this from a seated position). Perform curls in this position. Switch sides.

Side Tri-Rise: Lying on right side, place right hand on left shoulder, and left hand on floor between armpit and chest. Push up using the left arm raising the upper body off the floor. Lower body ALMOST to the floor, then repeat.