

## Camelback Ski Team Home Work Out

Day 1 Chest & Back, Ab Ripper

Day 2 Plyometrics 1

Day 3 Legs & Back, Ab Ripper

Day 4 Core Synergetics

Day 5 Plyometrics 2

Day 6 Shoulders & Arms, Ab Ripper

Day 7 Rest or Stretch

**\*\*All work outs should be preceded by a warm-up period\*\***

March in place (knees up, lightly kick legs out, knees out to side) 30 sec

Run in place (normal, knees up, knees out, heels up) 1 min

Jumping Jacks (30 sec)

Jump Rope (30 sec)

Head Rolls (side-front-side, NOT back, 6x, hold 5 sec/side)

Shoulder Rolls (forward/back, 10x each)

Shoulder Stretch (hold 10 sec, repeat)

Triceps Stretch (hold 10 sec, repeat)

Side (20 sec/side)

Hamstring (hold 30 sec, light rock for 15 sec)

Quadriceps (hold 30 sec/side)

Calf (3x, alternate every 15 sec)

Jumping Jacks (30 sec)

**\*\*If doing a chest/back/arm workout, repeat the head, shoulders, and arm stretches. If doing a leg/plyo workout, repeat the ham, quad, and calf stretches.**

**DAY 1: CHEST & BACK** push-ups are MAX reps, back w/ hand weights (5-15 lbs.) 10-15 reps

Standard Push-up

Heavy Pants

Wide Fly Push-up

Lawnmower

Decline Push-up

Back Fly

Dive-Bomber Push-Up

**\*\*REPEAT\*\***

**Ab Ripper** (Days 1,3, and 6) Each exercise is 25 reps

In & Out

Seated Bicycle (front + back)

Seated Crunchy Frog

Wide Leg Sit-up

Hip Rock'n Raise

Pulse-up (Heels to Heaven)

Roll-up/V-up Combo

Oblique V-up (25 reps/side)

Leg Climb (12 reps/leg)

Mason (Kayak) Twist (40 reps)

**Day 2: Plyometrics 1** 30 reps each

Jump Squat

Run-Stance Squat

Airborne Heisman

Swing Kick (60 sec, alternating legs after each “forward and back”)

**\*\*REPEAT\*\***

Jump Knee Tuck (20 sec moderate pace, 10 sec sprint)

Leap Frog Squat (30 sec, 2 forward, 2 back, continue...)

Twist Combo (30 sec turning L, front, R, front, L... 30 sec w/ 180° turn—change turn on repeat)

Heel Jumps (15 reps w/ heels to left, 15 reps to right)

**\*\*REPEAT\*\***

**Day 3: LEGS & BACK** 25 reps each for legs, 10-15 reps for back w/ hand weights (5-15 lb.)

Single-leg Balance Lunge (25 reps/leg)

Elbows-out Lawnmower

Calf-raise Squat

Seated Bent-over Back Flys

Single-leg Super Skater (25 reps/leg)

Wall Squat (60 sec)

Superman (10 sec up, 5 sec rest...)

Alternating Side Lunge (12 reps each side, alternate direction; weights optional)

Step Back Lunge (25 reps/leg)

Seated Bent-over Rows

Dead Lift Squat (25 reps/leg)

Calf Raises (toes out, forward, in—15 slow reps/10 fast reps for each; 75 total reps)

## **Day 4: CORE SYNERGETICS**

Stacked Foot/Staggered Hand Push-ups (2 reps, switch, 2 reps, switch... max reps)

Banana Roll (1 min total--10 sec stomach, 10 sec back...)

Prison Cell Push-Up (8-10 reps)

Side Hip Raise (10-15 reps)

Plank Run (60 sec)

Towel Hoppers (1 min)

Steam Engine (50x)

Chair Pose (30 sec)

Touch the Sky (20/20/20sec raise higher each time)

Boat (30 sec)

Deep Torso Twist Hold (30 sec/side)

## **Day 5: PLYOMETRICS 2**

Squat Jump (30 reps)

Run-Stance Squat, Switch Pick-up (30 reps, face other direction on repeat)

Circle Run (30 sec, change direction, 30 sec)

Squat Jack

**\*\*REPEAT\*\***

### **30 sec each:**

Mary Katherine Lunge

Lateral Leap Frog Squat

Hot Foot (30 sec each foot, 1 min total)

Squat Reach Jump (30 reps)

**\*\*REPEAT\*\***

**Day 6: SHOULDERS & ARMS** 10-15 reps w/ hand weights (5-15 lb.)

Shoulder Press

In & Out Bicep Curls

Two-arm Triceps Kickback

Deep Swimmer Press

Full Supination Concentration Curl

Chair Dips (max reps)

In & Out Straight Arm Shoulder Fly

Isolated Bicep Curl (each arm)

Side Tri-Rise (max reps each side)

**\*\*REPEAT\*\***

**\*\*There should be a cool down period after each workout. Do some light jumping jacks, jog/march in place, jump rope... and also stretch out all parts of the body, especially the ones that were worked out!**

**\*\*Parents, PLEASE USE YOUR DESCRETION WITH THE INTENSITY OF THE WORKOUTS!! Light weights should be used with the J4-5's; J1,2,3's can use moderate to heavier weights if desired. Each workout is designed to create a complete "body workout" by the end of the week while allowing specific body parts the time to rest between the same workouts. In weeks 1-2, soreness of muscles will be normal, especially the day after a hard workout. This is normal—it means the athletes are getting in shape! However, there is a big difference between being uncomfortable and being in pain. Uncomfortable = GOOD (the body is working/strengthening), pain = BAD (something is not right!). IF YOU ARE IN PAIN, THEN STOP THE WORKOUTS!!**

**\*\*If you feel exhausted at any time during the workouts, then skip some of the exercises or the "repeat" cycles for some of the exercises.**

Email any questions to Keith Dickerson at [kad13@epix.net](mailto:kad13@epix.net)