

Weekly

Timer: <https://www.intervaltimer.com/timers/11738103-2023-ski-conditioning-circuit>

Class Schedule:

Welcome and check-in (1-2 *min*)

(remind participants to let you know if they have had any status changes that may require modifications or affect their participation in the class)

Screening task - (2-3) *min*) - optional

Demonstrate each station (6-8 *min*)

Group Dynamic Warm-up (5 *min*)

Circuits – Round 1 (18 *min*)

Mid-way water break (2 *min*)

Circuits – Round 2 (18 *min*)

Cool down & stretch (5 *min*)

Wrap-up (1 *min*)

Dynamic Warm-up

30 sec. Each

- [Knee to chest with overpressure](#)
- [Butt-kickers](#)
- [Hip swivels out and in, alternate sides](#)
- [Knee to chest + cross-body pull](#)
- [Hamstring scoops “herding turtles”](#)
- [Heel-toe rocks](#)
- [Squat / Hip hinge \(cue squat form - knee/hip ratio, LE alignment\)](#)
- [Lateral lunge](#)
- [High knee run in place](#)
- [Pogo hops / small lateral bounces](#)

Cool-down / Stretching

30 sec each side

- [Runners pose calf / hip flexor](#)
- [Quads - side-lying](#)
- [Glutes - supine figure 4](#)
- [Hamstring - supine](#)

ATP specific mobility drill (1 each week)

- [Half-kneel ankle dorsiflexion : front knee over toe](#)
- [Frog stretch](#)
- [Side-lying thoracic rotation “painter’s stretch”](#)
- [Modified pigeon hip mob](#)
- [Thread the needle](#)
- [Quadruped Adductor rock-backs](#)

Week 1

Screening task: Hip hinge

Mobility drill: Half-kneel ankle dorsiflexion : front knee over toe

Modified: Lower intensity	Prescribed Exercise	Modified : Higher intensity
Smaller range, lighter weights	<u>RDL with dumbbells</u>	Heavier weights
	<u>Isolated Glute Med - leg raise</u>	Add band at knees
Drop knees	<u>Front Plank</u>	
Quick steps Forward/Back ; Side/side	<u>Grid Jumps (double leg)</u>	
Use hand support (on table/counter or dowel)	<u>Airplane</u>	
Static hold 10-20 sec, rest, repeat	<u>Side Plank - Hip Dip (from knees)</u>	Lift top leg
no pulse or reach-across	<u>Squats + Pulse + Reach-Across</u>	Deeper squat, only stand up halfway in-between pulses
Heel-to-toe or staggered stance	<u>Single leg balance, Eyes Closed</u>	
Hand support, shallower squat	<u>Split Squat w/ Rear Foot Elevated</u>	Add dumbbells, deeper squat
Bent leg Raise	<u>Supine Straight Leg Raise -Hold opposite knee to chest</u>	
	<u>Bridge with Alternating Leg Extensions</u>	
Squat > Power up to toes (releve)	<u>Broad Jump</u>	

Week 2

Screening task: Double leg jump

Mobility drill: Frog stretch

Modified: Lower intensity	Prescribed Exercise	Modified : Higher intensity
equal weight both feet (no kickstand)	<u>RDL with kickstand foot - use dumbbells</u>	more weight
	<u>Isolated Glute Min - with pilates ball 10 sec hold</u>	
Tap knees to floor, (or keep knees down if needed)	<u>Front Plank with leg lift</u>	
Step out to each point	<u>Compass Jumps (start in center, jump to each point and back)</u>	
Step up	<u>Box Jump-Ups</u>	
Sidelying Lower leg lift ("Jane Fonda's")	<u>Copenhagen (top leg bent, knee on bench or plynth) > move bottom leg forward and back 10x, rest, repeat</u>	Straight top leg
Stand up between reps + more shallow squats	<u>Sustained squat with lateral taps</u>	Deeper squat
Heel-to-toe or staggered stance	<u>Balance on one leg, Eyes Closed</u>	Add soft surface (foam pad)
Split Squat, stay shallow	<u>Reverse Lunge</u>	Add dumbbells (briefcase carry)
Opposite knee to chest	<u>Supine Straight Leg Raise, toe out, opposite foot planted</u>	Make circles with straight leg
Easier band	<u>Monster Walk: forward and back - band at ankles</u>	Harder band
Side glide in squat to Releve (up to toes)	<u>Lateral Jump to Vertical Jump</u>	Tuck knees on vertical jump

Week 3

Screening task: Single leg squat

Mobility drill: Thread the needle

Modified: Lower intensity	Prescribed Exercise	Modified : Higher intensity
Step it : out-out (down)- in-in (up)	<u>Narrow<>Wide Eccentric Jumps</u>	Add dumbbell (goblet hold)
Balance on ground	<u>SL Balance on ½ Foam Roll (or wobble disc)</u>	Add hand-to-foot touch in front and back (hacky sack motion)
Lower step	<u>Reverse Lunge off step</u>	Add dumbbells - bilateral suitcase carry
Shallower squat Kickstand foot	Static SL Squat w/ Weight Pass	Deeper squat Wider reach on pass
Knee to ground tap	<u>Front Plank + Knee to Elbow</u>	
Keep hips on ground	<u>Hamstring ball pull-backs (with gym ball)</u>	Single leg
Toe touch “kickstand” with opposite foot	<u>Corkscrew - Reach across</u>	Add dumbbell
Squat + 3 pulses, then explode up to toes	<u>Box jump Up and Over</u>	
SL bridge without rotation (may use opposite toe touch)	<u>Rotisserie chicken : SL bridge + pelvis rotation (cc hip rotation)</u>	
Grid Quick Steps	<u>Grid Jumps</u>	Grid tuck jumps
Drop bottom knee	<u>Side plank + thread the needle</u>	Add small dumbbell
Use UE support	<u>Airplane</u>	

Week 4

Screening task: Single leg squat with trunk rotation

Mobility drill: Side-lying thoracic rotation “painter’s stretch”

Modified: Lower intensity	Prescribed Exercise	Modified : Higher intensity
Stand up between reps	Squat hold + weight shifts	Lower squat
Lighter band	Side step with band at ankles (toes in / toes out)	Heavier band
Shallow squat	Split squat with trunk rotation - Right	Add dumbbell (goblet hold)
Shallow squat	Split squat with trunk rotation - Left	Add 15-20 lb dumbbell (goblet hold)
Add opposite toe touch “kickstand”	SL RDL + Overhead Press (with 5-10 lb dumbbells)	
Static split squat (still go slow down, quick up)	Split squat jumps with eccentric focus	
Double leg	SL heel bridge “hip thrusters”	Add Dumbbell on hips
Lighter band	Standing Clamshell Band at Knees	Heavier band
No Jump, explode up to tiptoes	Low-Medium-High jumps	
Lighter band, higher incline	Hip flexion with band at feet - incline plank at plynth or wall	Heavier band, lower incline
Lateral glide steps, SL pause at each side (R>together>R> L>together>L)	Lateral DL jumps with SL Land (2 jumps left <> 2 jumps right)	
Keep hips down, just squeeze into ball	Adductor Gym Ball Bridge legs straight, feet wide on ball	

Week 5

Screening task: Bridge with leg extension

Mobility drill: Modified pigeon hip mob

Modified: Lower intensity	Prescribed Exercise	Modified : Higher intensity
Shallower squat	<u>Curtsy Squat with weight</u> (right)	Increased weight 15,25 lb
Shallower squat	<u>Curtsy Squat with weight</u> (left)	Increased weight 15,25 lbd
No top leg lift	<u>Side Plank From Knees</u> <u>+ Top Leg Lift</u>	From feet
On ground: Low-Med-High Vertical Jumps	<u>Box Jump Down + Vertical Jump</u>	
Partially unweight without fully lifting foot	<u>Feet-Elevated Bridge with March</u>	10 lb dumbbell on hips
Shallower lunge	<u>Reverse Lunge - Knee to Floor</u>	Add dumbbells (goblet hold) 10,20,30
No weight pass Kickstand foot if needed	<u>Single leg RDL with Weight Pass</u>	
No Jump, go slow down/quick up	<u>Rear Foot Elevated Split Squat</u> <u>Jumps</u>	
Skip knees to chest	<u>Plank with Feet on Ball + Knees to</u> <u>Chest</u>	
Double leg or quick steps	<u>Single Leg Grid Hops</u>	
Wider base	<u>Half-Kneeling Balance</u> (heel-to-knee)	Eyes closed
Lateral Glide (no hop)	<u>Lateral "Skater" Hops</u>	Higher hop

Week 6

Screening task: ½ kneeling balance with eyes closed - front heel in line with back knee

Benchmark: 30 seconds each side without losing balance

Mobility drill: Quadruped Adductor rock-backs

Modified: Lower intensity	Prescribed Exercise	Modified : Higher intensity
Shallow lunge	<u>Lunge + Quick Knee-Up</u>	Add hop on the “up”
Drop knees	<u>Front Plank + Shoulder Taps</u> (wide feet, narrow hands)	Feet closer together
Quick step “L’s” (Forward>together>L> together, ¼ turn hop, follow same path back: Fwd>tgtthr>R>tgtthr)	<u>Box Jump Down (DL land) + Rebound lateral to single leg land</u>	
Add opposite toe touch “kickstand”	<u>Corkscrew with light weight > overhead press (right leg)</u>	Lower target
Add opposite toe touch “kickstand”	<u>Corkscrew with light weight > overhead press (left leg)</u>	Lower target
Lighter band	<u>John Wayne Walk</u> (forward /backward) Band Loop	Heavier Band
DL box jump Or Squat then up tiptoes	<u>SL Box Jumps</u> (small box)	
Reverse lunge with quick foot change	<u>Split Lunge Hops</u> (switch feet each jump)	
Squat with weight shifts	<u>BOSU Sustained Squat + Lateral rocking</u>	Lower squat
Lighter band	<u>Side Plank with Resisted Clamshell</u>	Heavier band
Smaller step	<u>Farmer Carry High Step-Ups</u>	Heavier weight
Double leg bridge with heel-digs	<u>Hamstring Bridge Walk-Outs</u> (or use sliders)	Single leg slider