



5

SQUAT JUMP WITH BAR

Start with feet in a neutral position, a lightweight bar resting on your shoulders and secured with your hands. Lightly jump and land with soft knees. 8-10 reps



8

FRONT SHOULDER RAISE

Hold dumbbells as in the Lateral Shoulder Raise. Lift arms forward to shoulder height, palms facing down. Return to start position. 8-10 reps

6

SKI JUMPERS

From a neutral standing position, jump sideways on one foot bringing the other foot slightly behind the landing leg. Using the same motion, jump to the opposite foot. This can be done by jumping or sidestepping. 8-10 reps



9

PLANK JUMP

Start on a mat with hands in a raised plank (or upward push-up) position. Jump toward the body, then jump back to start position. 8-10 reps



7

LATERAL SHOULDER RAISE

With feet in a neutral position, hold lightweight dumbbells with palms facing inward at each side. Lift the arms sideways to shoulder height, elbows slightly bent. Return to start position. 8-10 reps



10

PLANK WITH ELBOW TOUCH

Start in a raised plank position. Alternate lifting one hand and tapping the elbow that's still in a plank position. 10-12 reps

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Ski Workout

Joacim Rocklöv



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