



Phase I Technical / Preparatory Day 1

| Exercise | Intensity | Sets and Reps | General Instructions |
|---------------------------|-------------|-----------------------|----------------------|
| Plyometric | | | |
| Jump Rope | Light | 4-6 Sets x 50-80 Reps | Quick Feet |
| Speed Ladder Drill | Light | 4-6 Drills x 2 Reps | Quick Feet |
| Lower Body Lifting | | | |
| Back Squat | 55% - 70% | 2-3 Sets x 10-6 Reps | Slow & Controlled |
| Dumbbell Lunge | Light | 2-3 Sets x 6-4 Reps | |
| Upper Body Lifting | | | |
| Dumbbell Bench Press | 55% - 70% | 2-3 Sets x 10-6 Reps | Slow & Controlled |
| Lat Pulldown | 50% - 65% | 2-3 Sets x 10-6 Reps | Slow & Controlled |
| Triceps Extension | Low | 2-3 Sets x 12-8 Reps | Slow & Controlled |
| Shoulder Series | Very Light | 2 Sets x 15 Reps | Slow & Controlled |
| Core | | | |
| Physioball Back Extension | Body Weight | 3 Sets x 10-20 Reps | Controlled |
| Physioball Sit-ups | Body Weight | 3 Sets x 10-20 Reps | Controlled |

Day 2

| Exercise | Intensity | Sets and Reps | General Instructions |
|-----------------------------|-------------|------------------------|----------------------|
| Plyometric | | | |
| Jump Rope | Light | 4-6 Sets x 50-80 Reps | Quick Feet |
| Footwork / Agility | Light | 4-6 Drills x 10-12 Sec | Quick Feet |
| Lower Body Lifting | | | |
| Leg Press | 50% - 65% | 2-3 Sets x 10-6 Reps | Slow & Controlled |
| Leg(Hamstring) Curl | Light | 2 Sets x 12-8 Reps | |
| Adduction / Abduction | Light | 2 Sets x 12-8 Reps | Slow & Controlled |
| Upper Body Lifting | | | |
| Lat Pulldown | 55% - 70% | 2-3 Sets x 10-6 Reps | Slow & Controlled |
| Dips | Body Weight | 2 Sets x 10-20 Reps | |
| Pull-ups | Body Weight | 2 Sets x 8-12 Reps | |
| Shoulder Front & Back Raise | Very Light | 2 Sets x 15 Reps | Slow & Controlled |
| Core | | | |
| Back Extension | Body Weight | 3 Sets x 10-20 Reps | Controlled |
| Sit-ups | Body Weight | 3 Sets x 10-20 Reps | Controlled |

Day 3

| Exercise | Intensity | Sets and Reps | General Instructions |
|----------------------------|-------------|------------------------|----------------------|
| Plyometric | | | |
| Jump Rope | Light | 4-6 Sets x 50-80 Reps | Quick Feet |
| Footwork / Agility | Light | 4-6 Drills x 10-12 Sec | Quick Feet |
| Lower Body Lifting | | | |
| Dumbbell Squat Jump | Very Light | 2-3 Sets x 6-4 Reps | Explosive |
| Physioball Hamstring Curl | Body Weight | 2 Sets x 8-12 Reps | Slow & Controlled |
| Hip Flexion & Extension | Light | 2 Sets x 12-8 Reps | Slow & Controlled |
| Upper Body Lifting | | | |
| Double Pole Pulldown | Light | 2 Sets x 12-8 Reps | Slow & Controlled |
| Hang Body Pull(Horizontal) | Body Weight | 2 Sets x 8-12 Reps | Slow & Controlled |

United States Ski and Snowboard Association



The National Governing Body for
Olympic Skiing and Snowboarding

Box 100 - 1500 Kearns Blvd
Park City, Utah 84060

tel 435 649 9090
fax 435 649 3613

ussnowboarding.org

| | | | |
|-----------------------|-------------|---------------------|-------------------|
| Pull-up) | | | |
| Triceps Extension | Light | 2 Sets x 12-8 Reps | Slow & Controlled |
| Core | | | |
| Reverse Russian Twist | Body Weight | 3 Sets x 10-20 Reps | Controlled |
| Russian Twist | Body Weight | 3 Sets x 10-20 Reps | Controlled |

Phase II Base Strength and Power

Day 1

| Exercise | Intensity | Sets and Reps | General Instructions |
|------------------------------|--------------|-----------------------|----------------------------|
| Plyometric | | | |
| Squat Jump and Hold | | 3 Sets x 5-10 Reps | Explosive and Soft Landing |
| Split Squat Jump and Hold | | 3 Sets x 5-10 Reps | Explosive and Soft Landing |
| Standing Long Jump and Hold | | 3 Sets x 5-10 Reps | Explosive and Soft Landing |
| Lower Body Lifting | | | |
| Back Squat | 65% - 85% | 3-5 Sets x 6-4 Reps | Controlled |
| Dumbbell 1 Leg Squat | Medium | 2-3 Sets x 5-4 Reps | Controlled |
| Leg(Hamstring) Curl | Light-Medium | 2-3 Sets x 10-8 Reps | |
| Upper Body Lifting | | | |
| Bench Press | 65% - 85% | 3-5 Sets x 6-4 Reps | Controlled |
| Lat Pulldown | 60% - 80% | 2-3 Sets x 8-5 Reps | Controlled |
| Triceps Extension | Light | 3-4 Sets x 10-6 Reps | Controlled |
| Posterior Shoulder Exercises | | 2-3 Sets x 15-12 Reps | Slow & Controlled |
| Core | | | |
| Back Extension | Body Weight | 3 Sets x 14-24 Reps | Controlled |
| Russian Twist | Body Weight | 3 Sets x 14-24 Reps | Controlled |
| V-ups | Body Weight | 3 Sets x 8-16 Reps | Controlled |

Day 2

| Exercise | Intensity | Sets and Reps | General Instructions |
|-----------------------------------|--------------|----------------------|----------------------------|
| Plyometric | | | |
| Lateral Squat Jump and Hold | | 3 Sets x 5-10 Reps | Explosive and Soft Landing |
| 1 Leg lateral Jump and Hold | | 3 Sets x 5-10 Reps | Explosive and Soft Landing |
| 1 Leg Standing Long Jump and Hold | | 3 Sets x 5-10 Reps | Explosive and Soft Landing |
| Lower Body Lifting | | | |
| 1 Leg Press | 60% - 80% | 3-5 Sets x 6-4 Reps | Controlled |
| 1 Leg(Hamstring) Curl | Light-Medium | 2-3 Sets x 8-6 Reps | Controlled |
| Adduction & Abduction | Light-Medium | 2-3 Sets x 10-8 Reps | Controlled |
| Upper Body Lifting | | | |

| | | | |
|----------------------------------|--------------|-----------------------|-------------------|
| Weighted Pull-up | Medium-Heavy | 3-5 Sets x 6-4 Reps | Controlled |
| Push-up | Body Weight | 2-3 Sets x 10-20 Reps | Controlled |
| Pull-up | Body Weight | 3-4 Sets x 10-6 Reps | Controlled |
| Shoulder Front Raise | Light | 2-3 Sets x 15-12 Reps | Slow & Controlled |
| Core | | | |
| Reverse Back Extension | Body Weight | 3 Sets x 14-24 Reps | Controlled |
| Seated Russian Twist | Body Weight | 3 Sets x 14-24 Reps | Controlled |
| Med Ball Physioball Sit-up Throw | Body Weight | 3 Sets x 10-20 Reps | Controlled |

***Bolded exercise group together should be executed in a circuit or super set**

Day 3

| Exercise | Intensity | Sets and Reps | General Instructions |
|---------------------------------|------------------|------------------------|----------------------|
| Plyometric | | | |
| Jump Rope | | 4-6 Sets x 50-80 Reps | Quick Feet |
| Agility / Footwork Drills | | 3-4 Drills x 12-14 Sec | Quick Feet |
| Speed Ladder Drills | | 4-6 Drills x 2 Reps | Quick Feet |
| Lower Body Lifting | | | |
| Back Squat | 50% - 70% | 3 Sets x 5 Reps | Explosive |
| Squat Jump and Hold | | 3 Sets x 5-10 Reps | Explosive |
| | | | |
| Dumbbell Step-up | Light-Medium | 3 Sets x 5 Reps | |
| Step-up Jump | Body Weight | 3 Sets x 3-8 Reps | Explosive |
| Hip Flexion & Extension | Light-Medium | 2 Sets x 12-8 Reps | Controlled |
| Upper Body Lifting | | | |
| Double Pole Pull | Light-Medium | 2-3 Sets x 10-8 Reps | Explosive |
| Med Ball Lying Lat Throw | Very Light-Light | 2-3 Sets x 10-20 Reps | Explosive |
| Side Raise | Light | 2-3 Sets x 15-12 Reps | Controlled |
| Triceps Extension | Light | 2-3 Sets x 14-10 Reps | Controlled |
| Core | | | |
| Back Extension | Body Weight | 3 Sets x 14-24 Reps | Controlled |
| Seated Russian Twist | Body Weight | 3 Sets x 14-24 Reps | Controlled |
| V-ups | Body Weight | 3 Sets x 10-18 | Controlled |
| Med Ball Sit-up Throw | Body Weight | 3 Sets x 14-24 Reps | Explosive |

***Bolded exercise group together should be executed in a circuit or super set**

Phase III Maximum Strength and Power

Day 1

| Exercise | Intensity | Sets and Reps | General Instructions |
|--------------------|-----------|----------------------|----------------------|
| Plyometric | | | |
| Squat Jump | | 3-5 Sets x 5-10 Reps | Explosive |
| Split Squat Jump | | 3-5 Sets x 5-10 Reps | Explosive |
| Standing Long Jump | | 3-5 Sets x 5-10 Reps | Explosive |
| Hurdle Jump | | 3-5 Sets x 5-10 Reps | Explosive |

| | | | |
|---------------------------|--------------|-----------------------|-------------------|
| Lower Body Lifting | | | |
| Back Squat | 70% - 90% | 3-5 Sets x 5-3 Reps | Controlled |
| Leg(Hamstring) Curl | Medium-Heavy | 3-4 Sets x 8-6 Reps | Controlled |
| Upper Body Lifting | | | |
| Weighted Pull-up | Medium-Heavy | 3-5 Sets x 6-4 Reps | Controlled |
| Double Pole Pull | Light-Medium | 3-4 Sets x 10-8 Reps | Controlled |
| Triceps Extension | Body Weight | 3-4 Sets x 10-6 Reps | Controlled |
| Bentover Raise | Light | 2-3 Sets x 15-12 Reps | Slow & Controlled |
| Core | | | |
| Weighted Back Extension | Body Weight | 4 Sets x 10-20 Reps | Controlled |
| Weighted Russian Twist | Body Weight | 4 Sets x 14-24 Reps | Controlled |

Day 2

| Exercise | Intensity | Sets and Reps | General Instructions |
|-------------------------------|--------------|-----------------------|----------------------|
| Plyometric | | | |
| 1 Leg Hurdle Jump | | 3-5 Sets x 5-10 Reps | Explosive |
| 1 Leg Lateral Long Jump | | 3-5 Sets x 5-10 Reps | Explosive |
| Bounds-Horizontal | | 3-5 Sets x 5-10 Reps | Explosive |
| Bounds-Vertical | | 3-5 Sets x 5-10 Reps | Explosive |
| Lower Body Lifting | | | |
| Step-ups | Medium-Heavy | 3-5 Sets x 5-3 Reps | Controlled |
| Dumbbell Lunge | Medium-Heavy | 3-4 Sets x 5-3 Reps | Controlled |
| Upper Body Lifting | | | |
| Bench Press | 70% - 90% | 3-5 Sets x 5-3 Reps | Controlled |
| Weighted Dips | Medium-Heavy | 3-5 Sets x 6-4 Reps | Controlled |
| Pull-ups | Body Weight | 3-4 Sets x 10-20 Reps | Controlled |
| Shoulder Series | Light | 2-3 Sets x 15-20 Reps | Slow & Controlled |
| Core | | | |
| Med Ball Back Extension Throw | Body Weight | 4 Sets x 10-20 Reps | Explosive |
| Med Ball Sit-up Throw | Body Weight | 4 Sets x 10-20 Reps | Explosive |

Day 3

| Exercise | Intensity | Sets and Reps | General Instructions |
|----------------------------|--------------|-----------------------|----------------------|
| Plyometric | | | |
| Jump Rope | | 3-5 Sets x 50-80 Reps | Explosive |
| Speed Agility Ladder | | 3-5 Drills x 2 Reps | Explosive |
| Box Jump | | 3-5 Sets x 5-10 Reps | Explosive |
| Med Ball Vertical Throw | | 3-5 Sets x 5-10 Reps | |
| Tuck Jump | | 3-5 Sets x 5-10 Reps | |
| Lower Body Lifting | | | |
| Back Squat | 50% - 70% | 3-5 Sets x 5-3 Reps | Controlled |
| Dumbbell Squat Jump | Medium-Heavy | 3-5 Sets x 5-3 Reps | Explosive |
| Squat Jump | Body Weight | 3-5 Sets x 5-10 Reps | Explosive |
| Upper Body Lifting | | | |
| Double Pole Pull | Light-Medium | 3-5 Sets x 10-8 Reps | Controlled |

| | | | |
|-----------------------|-------------------|-----------------------|------------|
| Lat Pulldown | Light-Medium | 3-5 Sets x 10-8 Reps | Controlled |
| Lying Front Raise | Very Light-Lighth | 3-5 Sets x 15-12 Reps | Controlled |
| Triceps Extension | Light-Medium | 3-5 Sets x 12-10 Reps | Controlled |
| Core | | | |
| Back Extension | Body Weight | 4 Sets x 20-30 Reps | Controlled |
| Russian Twist | Body Weight | 4 Sets x 20-30 Reps | Controlled |
| Med Ball Sit-up Throw | Body Weight | 4 Sets x 10-20 Reps | Explosive |

***Bolted exercise group together should be executed in a circuit or super set**

Phase IV Velocity/Power

Day 1

| Exercise | Intensity | Sets and Reps | General Instructions |
|--------------------------------|------------------|-----------------------|----------------------|
| Plyometric | | | |
| Tuck Jump | | 3-6 Sets x 10 Reps | Explosive |
| Dumbbell Squat Jump | | 3 Sets x 5-10 Reps | Explosive |
| Hurdle Jump | | 3-6 Sets x 10 Reps | Explosive |
| Bounds-Vertical | | 3-6 Sets x 10 Reps | Explosive |
| Lower Body Lifting | | | |
| Back Squat | 30% - 70% | 3-5 Sets x 5-3 Reps | Explosive |
| Squat Jump | | 3-5 Sets x 5-10 Reps | Explosive |
| Walking Lunges | Light-Medium | 3 Sets x 5-3 Reps | Explosive |
| Upper Body Lifting | | | |
| Pulldowns | 30% - 70% | 3 Sets x 10-8 Reps | Explosive |
| Med Ball Pullover Throw | Very Light-Light | 3 Sets x 10-20 Reps | Explosive |
| Clapping Push-ups | Body Weight | 3-4 Sets x 8-14Reps | Explosive |
| Bentover Raise | Light | 2-3 Sets x 15-12 Reps | Slow & Controlled |
| Core | | | |
| Back Extension | Body Weight | 4 Sets x 20-30 Reps | Controlled |
| Russian Twist | Body Weight | 4 Sets x 20-30 Reps | Controlled |

***Bolted exercise group together should be executed in a circuit or super set**

Day 2

| Exercise | Intensity | Sets and Reps | General Instructions |
|------------------------------|------------------|--------------------|----------------------|
| Plyometric | | | |
| 1 Leg Hurdle Jump | | 3-6 Sets x 10 Reps | Explosive |
| 1 Leg Lateral Hurdle Jump | | 3 Sets x 5-10 Reps | Explosive |
| Bounds-Horizontal | | 3-6 Sets x 10 Reps | Explosive |
| Bounds-Lateral | | 3-6 Sets x 10 Reps | Explosive |
| Lower Body Lifting | | | |
| Dumbbell Step-up Jump | Very Light-Light | 3-5 Sets x 5 Reps | Explosive |
| Step-up Jump | Body Weight | 3-5 Sets x 5 Reps | Explosive |
| Box Jump | Body Weight | 3-5 Sets x 10 Reps | Explosive |
| Upper Body Lifting | | | |

| | | | |
|---------------------------|-------------|-----------------------|-------------------|
| Bench Press | 30% - 70% | 3 Sets x 10-8 Reps | Explosive |
| Explosive Pull-ups | Body Weight | 3 Sets x 8-14 Reps | Explosive |
| Shoulder Series | Light | 2-3 Sets x 15-12 Reps | Slow & Controlled |
| Core | | | |
| Back Extension Twist | Body Weight | 4 Sets x 20-30 Reps | Controlled |
| Med Ball Sit-up Throw | Body Weight | 4 Sets x 20-30 Reps | Explosive |

***Bolded exercise group together should be executed in a circuit or super set**

Day 3

| Exercise | Intensity | Sets and Reps | General Instructions |
|---------------------------|-------------|---------------------|----------------------|
| Plyometric | | | |
| Tuck Jump | | 3-6 Sets x 10 Reps | Explosive |
| 1 Leg Lateral Jump | | 3 Sets x 5-10 Reps | Explosive |
| Bounds-Vertical | | 3-6 Sets x 10 Reps | Explosive |
| Bounds-Lateral | | 3-6 Sets x 10 Reps | Explosive |
| Weighted Box Jump | Light | 3 Sets x 10 Reps | Explosive |
| Lower Body Lifting | | | |
| Back Squat Jump | 30% - 70% | 3 Sets x 5 Reps | Explosive |
| Box Jump-Quick | Body Weight | 3 Sets x 5-10 Reps | Explosive |
| | | | |
| Upper Body Lifting | | | |
| Pull-ups | Body Weight | 3 Sets x 8-14 Reps | Explosive |
| Push-ups | Body Weight | 3 Sets x 10-20 Reps | Explosive |
| Bentover Raise | Light | 3 Sets x 15-12 Reps | Controlled |
| Triceps Extension | Light | 3 Sets x 15-12 Reps | Controlled |
| Core | | | |
| Back Extension | Body Weight | 4 Sets x 20-30 Reps | Controlled |
| Russian Twist | Body Weight | 4 Sets x 20-30 Reps | Controlled |
| Med Ball Sit-up Throw | Body Weight | 4 Sets x 20-30 Reps | Explosive |

***Bolded exercise group together should be executed in a circuit or super set Phase I**