

Power Plate Ski Program



Designed in conjunction with Ski & Snowboard Vail, this is a sneak-peak of the Elite Power Plate Ski Workout developed for elite skiers and snowboarders to prepare for the upcoming season.



Exercise Name - Double Leg Tick (using belt)

30 Hz / 30 Sec / Low Amplitude

Coaching Tips: Stay in a deep squat and lean over into a tuck, place a belt around the waist and gently pull from the side for a couple of secs and switch sides.



Exercise Name – Swiss Ball Pillar w/ Leg Kicks

30 Hz / 30 Sec / Low Amplitude

Coaching Tips: Place your forearms on the machine and legs out on a Swiss ball, once the machine starts up slowly start kicking your legs in a scissor movement.



Exercise Name – Cook Hip Lift

30 Hz / 30 Sec / Low Amplitude

Coaching Tips: Similar to a bridge exercise but with holding one knee into chest while the other is on the platform of the machine. Make sure foot stay flat on the platform and only lift hips a couple of inches, avoiding any extension in the lumbar spine



Exercise Name – Single Leg Squat

30 Hz / 30 Sec / High Amplitude

Coaching Tips: Get into a split squat position with the back foot elevated on the plate, keep your chest up and slowly start moving up and down driving through your front foot.



Exercise Name – Squat to Calf Raise

30 Hz / 30 Sec / High Amplitude

Coaching Tips: Start in a deep squat position once you get to the top of your movement proceed into a calf raise, hold for a second and return back to your squat. Please use the handle for support during the calf raise portion.