



SKIFIT AT HOME WITH MSA

Tuesday 25th August Home-based
Training Camp Day 2



REMEMBER...

Be careful & know your physical limits











Stretch & warm-up before exercise

Stay hydrated

Stay safe and follow social distancing & current legislated restrictions for your area

PERFORM THREE ACTIVITIES

(OR print this page and toss a coin / pebble / etc. onto the page, to see which 3 are selected)

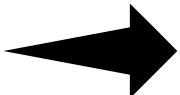
<p><u>Bike Ride</u> Go for a 20+ min bike ride (outside as permitted, wind trainer, stationary bike etc.)</p> 	<p><u>Exercise Dice Game</u> (see instructions on page 4)</p> 	<p><u>Ski Fitness Workout</u> (10 min – needs a mat and a chair) Ski fitness workout routine www.youtube.com/watch?v=BeLw2mSRpZk</p>	<p><u>Have a Stretch</u> Pick 5 different muscles / areas to stretch. Hold each stretch for 20 seconds.</p> 	<p><u>Slopercise</u> (17 min) Warmup: 5 min Workout: 8 min Cooldown: 4 min www.youtube.com/watch?v=58ey6KJ6M9k</p>
<p><u>Walk or Run</u> Go for a 30 min walk, jog, run (or mix) around the block, backyard, treadmill etc.</p> 	<p><u>SNOWGA</u> (10 minutes) Get a mat and follow this online snow + yoga video www.youtube.com/watch?v=sO7_ggz6LAs</p>	<p><u>Spell Your Name</u> (see instructions on page 5)</p> 	<p><u>Wall Sits</u> Try to do at least 30 seconds with the correct posture</p> 	<p><u>Mountain-Ready Workout</u> (see instructions on page 6) Pick one of 3 phases to do www.youtube.com/watch?v=3b0zLyOw52I</p>
<p><u>Standing Ab Workout</u> (6 min) No equipment required www.youtube.com/watch?v=bkHuvrLxpUU</p> 	<p><u>Let's HIIT It!</u> (15 min – see instructions on page 7)</p> 	<p><u>Dance Move Inspired Ski Workout</u> (see instructions on page 8) Pick a song and practice Back Dancing and Quad Hovers</p> 	<p><u>Boost Your Balance</u> (7 min – start at 1:12) SO School of Strength www.specialolympics.org/school-of-strength/fitness-movies/video-4-boost-your-balance</p>	<p><u>Bring Sally Up Challenge</u> (see instructions on page 9)</p> 

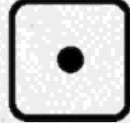
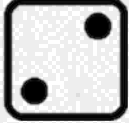
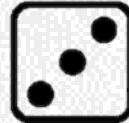
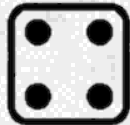
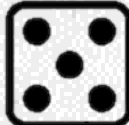
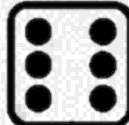
EXERCISE DICE GAME

Grab a die and roll it to complete a series of exercises for 10 minutes.

Take a 30-second recovery break when you need to.

Challenge yourself to see if you can complete all the numbers.

The activities are shown to the right 

Burpees (60 sec) 	Plank (30 sec) 	Sit Ups (60 sec) 
Push Ups (15 sec) 	Squats (60 sec) 	Butt Kicks (30 sec) 

- **A** Wall Sit
- **B** Bum Kicks
- **C** Lunges
- **D** Squats
- **E** Arm Circles
- **F** Plank
- **G** Hops
- **H** Balance on 1 Foot
- **I** Air Boxing
- **J** Star Jumps
- **K** High Knees
- **L** Run / March on the spot
- **M** Calf Raises
- **N** Leg Raises
- **O** Mountain Climbers
- **P** Lateral Leg Swings
- **Q** Fast Vertical Jumps
- **R** Lateral Jumps
- **S** Twist Jumps
- **T** Chest Press
- **U** Single Leg Stand-up (alternate 15s)
- **V** Burpees
- **W** Bicep Curls with weights / cans
- **X** 1-leg leg squats
- **Y** Sit Ups / Crunches
- **Z** Triceps Dip (use a chair)

SPELL YOUR NAME WORKOUT

Using the list to the left, spell your name with 30 seconds of each exercise.

Spell your full name, if you're keen!

If you're up to it, repeat...

MOUNTAIN-READY WORKOUT

www.youtube.com/watch?v=3b0zLyOw52I

Pick one phase...

Phase 1 - Cardio:

- Start video at beginning
- 8 exercises – do each for 30 seconds

Phase 2 – Core:

- Start video at 1:49
- 5 exercises – do each for 30 seconds

Phase 3 – Balance:

- Start video at 3:31
- 4 exercises – do each for 30 seconds



Exercises to choose from:

- Push ups
- Toe Touches
- Lunges
- Burpees
- Star Jumps
- Mountain climbers
- Jump on the spot
- Jog on the spot
- Squats
- High Knees
- Bum kicks
- Side leg rises
- Plank
- Sit ups
- Step ups
- Bicep curls
- Triceps dips (with chair)
- Press ups
- Bridge
- Jump over hurdle / object
- Bicycle crunches
- Skater jumps

LET'S HIIT IT!

Choose 5 exercises and do each for 30 seconds

Take a 1-minute rest after you complete all 5

Repeat 2 more times



DANCE MOVE INSPIRED SKI WORKOUT

Pick a dance song you love and alternate Back Dancing and Quad Hovers until the song is finished:

Back Dancing: Lie on your back with your knees bent and your heels close to your glutes. Raise your hips into a bridge position and rapidly tuck your pelvis, engaging your abs and your bum, and keeping your pelvis elevated. Repeat 10 tucks to the centre, 10 right, and 10 left.

Quad Hovers: On a doubled-up yoga mat, kneel with the tops of your feet flat on the floor and your hands in prayer position. Hover your bum around 10cm above your heels. Do a little rocking dance motion. Crunch your right booty for 10, then your left booty for 10, and then do 10 to the centre.

BRING SALLY UP

Play the Song '[Bring Sally Up](#)' (you can find this online):

- www.youtube.com/watch?v=gPDULwKOKY
- <https://open.spotify.com/track/2PJYsx6N4FR52hBqEYp7HY>

When the song says '**Bring Sally down**', squat down into a seated position.

When the song says '**Bring Sally Up**', stand up straight again.

Need a visual? Watch the 'Focused Fitness' video: www.youtube.com/watch?v=bql6slU2A7k

Repeat as many times as you can - Try other variations with Plank positions, Sit ups, Push Ups, Pull ups, Bridge etc. (anything that has an up and down movement)

Invite your family to join in!





STAY SAFE & HAVE FUN!

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