



SNOWACTIVE AT HOME WITH MSA

Monday 24th August Home-based
Training Camp Day 1



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

MOUNTAIN-READY WORKOUT

Choose *ONE* of the following Snow Australia SnowActive ski conditioning YouTube sessions by 2-time Winter Olympian and ski cross athlete, Sami Kennedy-Sim.

Each session includes a warm-up and cool down.

Put on sneakers, grab a mat, small towel and a water bottle.

- [Snow Australia SnowActive Week 1](#) (23 min)
no equipment required
- [Snow Australia SnowActive Week 2](#) (45 min)
You need weighted ball (or something robust that is 1-3kg and which you can drop) and skipping rope
- [Snow Australia SnowActive Week 3](#) (43 min)
You need resistance bands (TheraBands, powerbands or a tubing. Pick the right resistance level for you.





STAY SAFE & HAVE FUN!

www.multiclasssports.asn.au

 CALLY BAUMAN

 0439 552 220

 info@multiclasssports.asn.au