

**6 Week Fitness Program  
for Skiing**



TEST	Description	Result
<b>30m &amp; 100m Sprint</b>	Max Time; Using good form	
<b>Push Ups</b>	Max in 1 Minute. Full press ups and /or Half Press Ups (from Knees). Count the number of Full, then a separate number from the knees in you change.	
<b>Broad Jump</b>	Stand in a balanced position. Engage Core. Jump forward from 2feet. Land on 2 feet. Best of three attempts	
<b>Vertical Jump</b>	Stand in a balanced position. Engage Core. Measure the point at which your hand touches the wall when extended above your head. Jump as high as you can. Extend your arm up, tap the wall, and measure. Best of 3	
<b>Burpees</b>	Many as you can in 1 minute. Hands to the floor, jump feet back in to high plank. Jump feet back to hands. Jump back up and reach arms straight up	
To be done separately....		
<b>1 Mile Run</b>	Complete in a preferred environment whether that be outdoors or on a treadmill	