

Stretches

Hold each stretch for approximately 15-20 seconds on each side.



Lying Spinal Twist: Lying on your back, bring both knees into your chest, and gently lower to one side.



Quad Stretch: Start off in a kneeling lunge position and gently press the hip of the extended leg forward. Rest hands on hips, on floor, or interlace hands above the head.



Calf Stretch: Placing your toe up and gentle leaning in to feel the stretch along the back part of your leg.



Side Lunge: Step one foot out to the side, bending one knee and keeping the other leg straight. Rest hands on hips or on the top part of your bent leg.



Chest Opener: Interlace your hands behind your head and try to squeeze your elbows together behind your head.



Pre-Season Skiing

Performing aerobic exercise, resistance training exercises, and stretching are all key factors to getting ready to ski. Listed below are some pieces of equipment that will help you to get started and a few exercises that you can combine.

- Bands and Foam Rollers – Great to stretch with and to roll out any knots you may have.
- BOSU Balls – Similar to an exercise ball, but cut in half and has a flat end. Can be used for balance, short aerobic exercise, and to work on the core.
- Hills or Stairs – Skiing is primarily done going down a hill. You can find a hill, climb the stairs at the Rocky River Reservation, or go to a high school football stadium and run the stairs. This will get your major leg muscles (quadriceps, calves, and glutes) use to the feeling of going downhill. This may help prevent some muscle soreness after your first day out on the slopes.
- Resistance Training – When exercising at the Fitness Center, there are a variety of machines that focus on a specific muscle group or you could use dumbbells, which requires more muscle stability.
 - Leg Press – Use both feet or try a one foot press.
 - Deadlift – Keeping a slight bend in both knees and your back flat. Slowly reach down for your toes and come back up.
 - Hamstring Curls – Use both feet or try a one foot curl.
 - Leg Extension – Use both feet or try a one foot extension.

Exercises:

- Upper Body
 - Push-ups
 - Chest press
 - Bicep Curls
 - Lat Pulldowns
 - Tricep Extension
 - Lateral Raises (front and side)
- Lower Body
 - Squats (narrow, wide, normal)
 - Lunges (walking, forward, backward, or to the side)
 - Hamstring Curls
 - Calf Raises
 - Deadlifts
 - Step-Ups
- Core
 - Planks (right, left, or center)
 - Crunches/Sit-ups
 - Bridges (both feet flat on floor or single leg)
 - Bicycles
 - In-and-Outs
 - Leg Raises
- Aerobic
 - Tap-ups (Step or BOSU)
 - Around the world (BOSU)
 - Burpees
 - Jumping Lunges
 - Jump Squats

Fitness Testing

Push-Up Test

- Males will perform test on their toes and females can modify by placing their knees on the ground.
- Perform as many push-ups as you can until fatigue. Once you stop for greater than 3 seconds in the “up” position, the test will be terminated.

Ratings for Men (Full Pushups), based on Age

	20-29	30-39	40-49	50-59	60+
Excellent	> 54	> 44	> 39	> 34	> 29
Good	45-54	35-44	30-39	25-34	20-29
Average	35-44	24-34	20-29	15-24	10-19
Poor	20-34	15-24	12-19	8-14	5-9
Very Poor	< 20	< 15	< 12	< 8	< 5

Ratings for Women (Modified Pushups), based on Age

	20-29	30-39	40-49	50-59	60+
Excellent	>48	>39	>34	>29	>19
Good	34-48	25-39	20-34	15-29	5-19
Average	17-33	12-24	8-19	6-14	3-4
Poor	6-16	4-11	3-7	2-5	1-2
Very Poor	< 6	< 4	< 3	< 2	< 1

1-Minute Sit-Up Test

- Feet will be placed flat on the floor and hands go across the chest. In order for a sit-up to count, when you come up you will touch your elbows to your thighs and then touch your shoulder blades back down on the floor.
- This is a timed-test and you will have 1-minute to complete as many sit-ups as possible. You can always stop early, if you become too fatigued.

1 Minute Sit Up Test (Men)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>49	>45	>41	>35	>31	>28
Good	44-49	40-45	35-41	29-35	25-31	22-28
Above average	39-43	35-39	30-34	25-28	21-24	19-21
Average	35-38	31-34	27-29	22-24	17-20	15-18
Below Average	31-34	29-30	23-26	18-21	13-16	11-14
Poor	25-30	22-28	17-22	13-17	9-12	7-10
Very Poor	<25	<22	<17	<9	<9	<7

1 Minute Sit Up Test (Women)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	>43	>39	>33	>27	>24	>23
Good	37-43	33-39	27-33	22-27	18-24	17-23
Above average	33-36	29-32	23-26	18-21	13-17	14-16
Average	29-32	25-28	19-22	14-17	10-12	11-13
Below Average	25-28	21-24	15-18	10-13	7-9	5-10
Poor	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor	<18	<20	<7	<5	<3	<2

Source: adapted from Golding, et al. (1986). The Y's way to physical fitness (3rd ed.)

Uni-Pedal (One-Leg) Balance Test

- Test is performed three times for a maximum of 45 seconds. You will use the best time of your three trials.
- Be sure to stand near a wall or have a chair without wheels close by, in case you need to grab onto it for support.

Age group (yr)	EYES OPEN (SEC) ^b		EYES CLOSED (SEC) ^b	
	Females	Males	Females	Males
18-39	45.1	44.4	13.1	16.9
40-49	42.1	41.6	13.5	12.0
50-59	40.9	41.5	7.9	8.6
60-69	30.4	33.8	3.6	5.1
70-79	16.7	25.9	3.7	2.6
80-99	10.6	8.7	2.1	1.8

Note: Adapted from *Advanced Fitness Assessment and Exercise Prescription*, p. 345, by V. H. Heyward & A. L. Gibson, 2014, Champaign, IL: Human Kinetics.



Sit-to-Stand Chair Test

- Test lasts 30 seconds.
- You will start in a seated position with your arms folded across your chest and then stand up (Counts as 1-rep).

Two Minute Step Test

- This test is two minutes long.
- You will stand next to the wall and find the halfway point between the crease of your hip and your knee. Place a piece of masking tape on the wall to indicate that halfway point of your hip and knee.
- Each time you lift your right leg up to the tape mark on the wall, you will count that as a repetition.

Normal Range of Scores - Men

	20-29	30-39	40-49	50-59	60-69	70-79
<i>Chair stand</i>						
(no. of stands)	24-34	22-32	19-28	15-23	12 – 19	11 - 17
<i>2-Min Step</i>						
(no. of steps)	114-144	107-137	100-130	93-124	86 - 116	73 - 110

Normal Range of Scores - Women

	20-29	30-39	40-49	50-59	60-69	70-79
<i>Chair stand</i>						
(no. of stands)	20-30	18-27	15-23	12-19	11 - 17	10 - 15
<i>2-Min Step</i>						
(no. of steps)	107-137	100-130	93-126	80-117	73 - 107	60 - 100



Team Relays

Relay 1:

- Salome “cone/chair” obstacle – Have each person from the team go through the course and back to tag the next teammate. The team that completes it the fastest wins.

Relay 2:

- 2-Person Relay: Have partners spaced out facing each other. Have the first partner perform X number of push-ups and then walking lunges to their partner.
- You can change up the exercises to walking side squats, squats, lunges, side lunges, push-ups, crunches, sit-ups.

Relay 3:

- Have each person choose an exercise (squats, push-ups, crunches). Then, determine a certain amount of repetitions such as 10.
- As a team, predict how fast the team can complete the challenge.