

## GET READY FOR YOUR SNOW SEASON!

Winter is coming closer and we are getting more and more excited on the coming snow season. We were putting this **Functional Training Video Series** together to share it with the snowboard and ski community out there for getting in the right shape for the upcoming season.

### A time efficient training:

- Each of the **3 training sessions** consists of 4 exercises
- **3 to 4 laps** will take you about 30min including a ten minutes warm up.
- **Focus** is on our main needs: **legs, core and coordination.**
- **Circuit mode:** The most efficient scheme for this workout is the traditional circuit mode. We use **60sec/20sec** time intervals. Depending on your fitness level you can also **modify the workout/rest ratio.** Best is to use time interval music or Apps like Tabata Pro e.g. to know when to change to the next station.
- **Fitness Level:** We tried to always add easier, harder and expert variations of the exercises to design it **suitable for every “sporty” fitness level.**
- **Combine two sessions** of our three session series to profit from an 8-exercise circuit, which will then take about 50 minutes.
- **Keep the order within a session** because they are designed that muscles that just worked out can rest while performing the next exercise.
- Ideally you **do 2 to 4 sessions a week** and keep on going for 6 weeks, or better until Christmas!
- You can **work out pretty much everywhere.** Even in your living room – that’s what we are mostly doing. Invite some friends to join the circuit to boost your motivation!

### This Training Program should help you to:

- Improve your athletic level
- Be ready to charge coming season
- Prevent injuries and pain
- Learn new movements easier through challenging your coordinative system
- Get ripped, healthy and feel good

We hope you enjoy the training! If you have any questions or want to know more about our 6-weeks beginner and advanced functional training program please visit our Blog:

[www.goprofitnesstraining.com](http://www.goprofitnesstraining.com)

Have a great winter

Bibi and Mitch Tölderer

Exercise Name

GYMBALL LEG CURL

Region

lower body

Device

gymball

+ Device

gymmat

optional Device

Description

Lie face up on the gymmat and place your heels on a gymball. Place your arms on the floor close to your body, palms facing toward the floor. Push your hips up so that your body forms a straight line from your shoulders to your knees. Pull your heels toward you and roll the ball as close as possible to your butt.  
Then reverse the motion by rolling back the ball until your body is in a straight line and pull again without lowering your hips back on the floor.

Common Fault

- Do not let your pelvis drop throughout the whole movement. If you do, it doesn't allow you to bring the ball close to your butt which makes your hamstrings work less and decreases the effectiveness of the exercise.

Please note:

**MORE DIFFICULT VARIATION:**  
+Gymball single leg curl: curl the ball with one leg while keeping the other one raised towards your torso with your knee bent (see picture position 3).  
+Gymball single leg curl plus: extend your other leg while pulling the ball towards your butt.

Repetitions

7 -15 repetitions

Frequency

medium

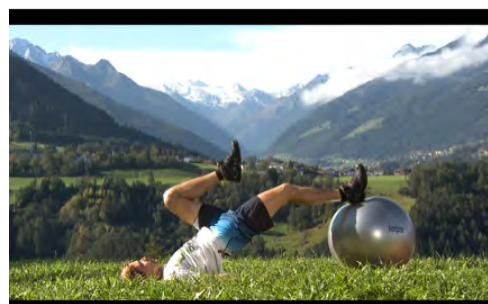
position 1



position 2



position 3



Exercise Name

**SINGLE LEG SQUAT ROTATIONAL**

Region

lower body

Device

dumbbells

+ Device

optional Device

balancing device

Description

Stand on your right foot, bending the raised knee, and grasp one dumbbell. Hold it on your left side next to your ear. Now perform a single leg squat and at the same time rotate your upper body moving the dumbbells next to your right ankle. Extend your leg again bringing the dumbbell back across your body above your opposite shoulder.

position 1



position 2



Common Fault

- Watch your knee to stay aligned, your knee cap facing forward

position 3



Please note:

- Instead of dumbbells you can also use a medicine ball or a water-filled bottle. You can also do the exercise without any weight first.

**MORE DIFFICULT VARIATION:**

+ Stand on a balancing device while performing the exercise (as seen on the pictures). You can use an air cushion, some balancing plate or rotary, or simply use a folded gymmat or some pillows.

Repetitions

as many as possible

Frequency

slow

Exercise Name

**GYMBALL FOREARM ROLL**

Region

core stability

Device

gymball

+ Device

gymmat

optional Device

Description

Get in the plank position and place your forearms on the ball. It helps your stability when connecting your arms by putting the fist of one hand in the palm of the other one. Your elbows should be bent about 90°.  
Slowly roll the ball forward, straightening your arms and extending your body as far as you can without allowing your lower back to hollow by bracing your abs. Then pull the ball back toward your knees and repeat

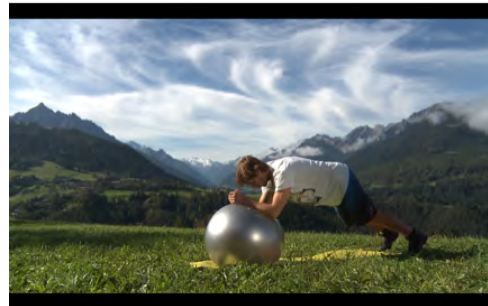
Common Fault

- Do not let your pelvis sag and don't hollow your lower back.
- Just push the gymball as far out as you can control your lower back - not any further!

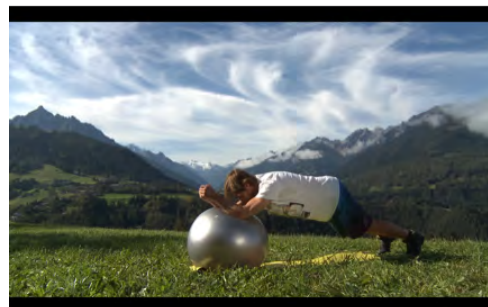
Please note:

**EASIER VARIATION:**  
- Perform the exercise in a kneeling position (see picture Position 3)

position 1



position 2



position 3



Repetitions

as many as possible

Frequency

slow

Exercise Name

3 SQUATS - 2 JUMPS

Region

high performance

Device

gymmat

+ Device

optional Device

Description

Put your feet parallel, hip-width apart (your hip joint is in the middle of your thigh).

Perform three squats. When you are low at the third time, jump off as high as you can and land in a deep squat position. Jump off another time and then continue changing between the 3 squats and 2 squat jumps.

Bend your knees like you would sit down on an imaginary chair which stands right behind you. When you look down toward your toes you should always be able to see them which means that your knees are never positioned ahead of your toes. That allows more muscle work and less pressure on your joints. That is essential!

Common Fault

There is three very important points to consider:

1. Bend your knees like you would sit down on an imaginary chair which stands right behind you. When you look down toward your toes you should always be able to see them which means that your knees are never positioned ahead of your toes. That allows more muscle work and less pressure on your joints. That is essential!

2. Your knees should always stay parallel! Do not let them point inside or outside. They are always keeping the same distance between them from starting to the finishing position.

3. Your lower back should always be naturally arched. Never bend your lower back while bending your knees.

Please note:

Repetitions

as many as possible

Frequency

fast

position 1



position 2



position 3



## INTRODUCING GOPROFITNESSTRAINING

We were doing different training programs, accompanying our sport careers over the last decade and more. When we were staying all summer at a friend's place in Mexico a couple of years ago, **we started to create our own program designed for our need.** We did not invent each component of this training but rather our program, GoProFitnessTraining, is the result of an ongoing search for the best training elements and exercises out there.

**GoProFitnessTraining** is based on "Functional Training". Functional exercises tend to be multijoint, multimuscle movements, which means they are forcing your whole body to work out, to boost your muscular balance and whole body performance. Another important component of our training is, that it always keeps challenging our coordinative and balance skills. The focus of G.P.F.T. is on building a body capable of doing real-life activities in real-life positions. Like that it **prepares your body way better for real sports situations** and it's just **more fun to work out** because functional exercises are challenging themselves.

Mitch Tölderer: *"I am 37 years old and still want to maintain or even improve my physical skills as the basis to keep on having fun out there and also to prevent injuries as good as anyhow possible!"*

Bibi Tölderer-Pekarek: *"After experiencing some injuries I noticed even more how important strong and well coordinated muscles are, not only for diminishing the risk for injuries but also to minimize the possibility for any pain when my body is exposed to high impacts. And after all, I wanna keep up with the guys I'm shredding with!"*

## ABOUT US

**Mitch Tölderer:** Living in Innsbruck, Austria, Snowboarding since 1987, Winning the Freeride Worldtour Champion Title 2011 and is featured this year in Jeremy Jones FURTHER and Warren Millers FLOW STATE. Mitch is also a Medical Doctor and in training to become a Sports Doctor.

**Bibi Tölderer-Pekarek:** Living in Innsbruck, Austria, Snowboarding since 1992 Won different international Freeride Contests and is featured in Jeremy Jones FURTHER film project. Bibi is also a physical therapist with additional diplomas in manual therapy and visceral manipulation.