

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

Have a great winter

Bibi and Mitch Tölderer

Exercise Name

SINGLE LEG LUNGE

Region

lower body

Device

chair / bench

+ Device

dumbbells

optional Device

balancing device

Description

Grab a pair of dumbbells or a bar-bell. Stand in a staggered stance, your left foot is in front of your right. Set your feet far away apart (about 3 feet / 1 meter). Now place the instep of your back foot on a bench.

Slowly lower your body as far as you can. Then push yourself back up to the starting position as quickly as you can. Complete the number of your repetitions with your left leg forward, and then do the same number with your right leg in front.

Common Fault

- Don't bend your front knee more than 90°. Watch out that your knee cap is pointing straight forward, and that your front knee is never positioned ahead of your toes
- Keep your torso in an upright position for the entire movement.

Please note:

MORE DIFFICULT VARIATION:

- + Use a barbell to put on more weight
- + Stand with your front foot on a balancing device (air cushion, pillow, folded gymmat, rotary,...) (as seen on the pictures position 2 and 3).

EASIER VARIATION:

- + Just use your bodyweight

Repetitions

7 -15 repetitions

Frequency

slow

position 1



position 2



position 3



Exercise Name

PYRAMID RUN

Region

high performance

Device

sticks

+ Device

optional Device

Description

Lay out 8 sticks in a row with about half a meter distance between each stick.
 Now start your pyramid run. After the first stick you have one floor contact (just your right leg), then you step over the second with two contacts (left and right), after the third three (left, right, left), after the fourth four (right, left, right, left).
 Then go down again in your pyramid: three, two, one.
 Turn around and repeat as fast as possible.

Switch starting between your left and right foot.

Common Fault

Please note:

You can also do other contact schemes, like switching between two and three contacts or building up a higher or lower pyramid. It's up to you.

Repetitions

as many as possible

Frequency

fast

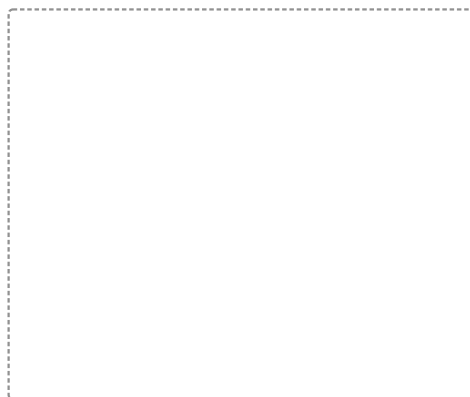
position 1



position 2



position 3



Exercise Name

GYMBALL TWIST

Region

core stability

Device

gymball

+ Device

optional Device

Description

Get in a plank position, arms straight, gymball under your shinbones. Now try to roll the gymball on one side by twisting your body. When rolling the ball to the right side, only your left lower leg is in contact with the gymball and your right leg is up in the air in the end position. (Your legs look pretty much like open scissors like that). Go back to the plank position and roll the gymball to the left side.

Common Fault

- Do not hollow your back too much but always work with your abs. It feels like pushing your chest bone and core away from the floor. Remember that throughout the whole movement - from starting until end position.

Please note:

Repetitions

as many as possible

Frequency

slow

position 1



position 2



position 3



Exercise Name

JUMP UPS

Region

high performance

Device

box or stair

+ Device

optional Device

Description

Jump up and down on a box or something similar with two feet hip-width apart. When you land make sure you stabilize well before jumping off again.

You can add 180° rotations to your jumps, switching between frontside and backside 180ies.

The higher your obstacle you jump on is, the harder it gets.

If you jump up a stair you can also jump down on the same side again, including a rotation umping up and down. So it doesn't have to be a "jump over" obstacle as shown in the video clip.

Common Fault

- Make sure that your knees stay hip-width apart. Avoid your knee cabs facing inward or out but focus on your thighs staying parallel.

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.