

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

SQUAT FAST'N'LOW

Region

lower body

Device

dumbbells

+ Device

optional Device

balancing device

Description

Grab a pair of dumbbells and do a basic squat: bend your knees and go down as far as you can. Now, do not go all the way up again to the starting position but just half way up and then go down again. Perform fast squats with a lower range of motion.

Common Fault

Watch your back and knees:

1. When you are in the end position and 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.
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:

MORE DIFFICULT VARIATION:

+ Perform the fast'n'low squat while standing on your Indoboard, an aircushion, a gymball or the like (see pictures position 2 and 3)

position 1



position 2



position 3



Repetitions

as many as possible

Frequency

fast

Exercise Name

PLANK ROTATIONAL

Region

core stability

Device

dumbbells

+ Device

gymmat

optional Device

water filled bottle

Description

Set yourself in a plank position on your forearms and grab one dumbbell with your right hand. Rotate the right side of your body upward as you lift your straightened arm so that the dumbbell is above your right shoulder. Lower the dumbbell back down and bring it under your chest without resting your arm on the floor. Repeat the required numbers of repetitions, and don't forget to work out the other side too.

Common Fault

- Do not forget to stabilize your core by pulling your abdomen in!
- Do not bend your knees or drop your pelvis: your torso, hips, and legs are rigid
- Remember your neck to remain long to stay aligned with the rest of your spine

Please note:

EASIER VARIATION:
- Do the same exercise without dumbbells!

position 1



position 2



position 3



Repetitions

7 -15 repetitions

Frequency

slow

Exercise Name

TELEMARK JUMPS PLUS ROTATION

Region

high performance

Device

gymmat

+ Device

optional Device

weights

Description

Get in a lunge position, right leg in front, left knee almost touching the mat. Your left arm is stretched out straight forward, your right arm to your side. Additionally you can grab some weight discs. While jumping up, change legs that you are landing with your left foot forward, right knee almost touching the mattress. At the same time you left arm goes to the side and your right arm point to the front. Change over as fast as possible.

Common Fault

- Lower your back knee sufficiently!
- Watch out that your knee stays aligned: Your knee cap is pointing straight forward, and your front knee is never positioned ahead of your toes!

Please note:

Repetitions

as many as possible

Frequency

fast

position 1



position 2



position 3



Exercise Name

STANDING SCALE

Region

lower body

Device

dumbbell

+ Device

optional Device

balancing device

Description

Grab one dumbbell. Stand on your left leg, your knee bent slightly. Raise your right foot off the floor. Without changing the bend in your left knee, bend at your hips and lower your torso until it's parallel to the floor. As you bend over, raise your arms straight forward until they are in a line with your spine, palms are facing each other. Your right leg should stay in line with your body as you lower your torso. Return to the start. Complete your numbers of repetitions, then do the same number on your right.

Common Fault

- Keep the knee on your supporting leg slightly bent that your leg muscles can work and stabilize better.
- Make sure your arms are high enough in the final position that your head is right in between them.

Please note:

MORE DIFFICULT VARIATION:
+ Stand on a balancing device while performing the exercise.

EASIER VARIATION:
- Do it without an extra weight.

position 1



position 2



position 3



Repetitions

as many as possible

Frequency

slow

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.