

# PRE SKI PLAN

Week	Squats	Lunge twists	Side leg lift + squat	Half plank	Glute bridge	Wall sit	Session		
	Progression: Add 2x scissor jumps to each squat	Progression: + dumbbell	Progression: + Squat jump	Progression: Full plank	Progression: Single leg bridges	Progression: + dumbbell	1	2	3
1							✓		
2									
3									
4									
5									
6									
7									
8									

For beginners, start by setting your timer for 30 secs for each exercise gradually increase this in 10 second increments as you get stronger, until you get to 60 seconds for each exercise.