



PROGRAM FOR VIC SKI TEAM SKI TEAM

VIC SQUAD GYM PLAN 1

Trainer : Jean-Claude Legras



Introduction

Designed specifically for xc skier who have access to a commercial gym.

Warm Up

Mobility

Summary Of Program

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Half kneeling dowel twist	Flexibility	1	105		slow	50%%	0
Levator Scapula - Seated	Flexibility	1	10		slow	50%	0
Scalene	Flexibility	1	10		slow	50%	0

Bridge - Supine With Tubing	Exercise	2-3	12- 15		slow	60%-80%	30sec
Romanian Deadlift with Barbell	Exercise	2-3	12- 15		slow	60%-80%	30sec
Plank - Standing Cable Hold	Exercise	2-3	12- 15		slow	60%-80%	30sec
Leg Press - Hack Squat	Exercise	2-3	12- 15		slow	60%-80%	30sec
Calf Raise - Seated	Exercise	2-3	12- 15		slow	60%-80%	30sec
Row - Seated Cable	Exercise	2-3	12- 15		slow	60%-80%	30sec
Leg Curl - Prone	Exercise	2-3	12- 15		slow	60%-80%	30sec
Lat Pulldown	Exercise	2-3	12- 15		slow	60%-80%	30sec

Pulldown - Straight 2 Arm	Exercise	2-3	12- 15		slow	60%-80%	30sec
Chest Press - Seated	Exercise	2-3	12- 15		slow	60%-80%	30sec
Shoulder Press - Seated	Exercise	2-3	12- 15		slow	60%-80%	30sec
Lunge with Bicep Curl	Exercise	2-3	12- 15		slow	60%-80%	30sec
Tricep Push- Down - Cable Rope Grip	Exercise	2-3	12- 15		slow	60%-80%	30sec

Cool Down

Static stretching

PROGRAM EXERCISES

HALF KNEELING DOWEL TWIST

Reps: 105 | Sets: 1 | Intensity: 50%% | Tempo: slow | Rest: 0 |

Duration: --

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Preparation :

- > Initiate a thorough dynamic warm-up prior to starting this exercise, this engages the nervous system.
- > Ensure that the client has sufficient mobility in the hips and thoracic spine before prescribing this exercise.



Movement :

- > This exercise involves a torso twist in a kneeling position.
- > Kneel on the floor with both legs positioned well in the sagittal plane.
- > The back thigh should be vertically in line with the upper body.
- > With the dowel rod positioned across the back (resting on the traps and NOT the cervical spine), grasp the dowel with your hands towards the body.
- > The movement involves a twist through the spine and hips to each side.
- > Only twist to the point of control (in balance) ... NEVER further.
- > Perform the desired number of reps and switch the leg position.

- > Trainers: Watch and correct for a head forward posture, excessive frontal plane hip shift, excessive thoracic kyphosis and/or excessive valgus of the knee (knocked knees)

LEVATOR SCAPULA - SEATED

Reps: 10 | Sets: 1 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: --

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Preparation :

- > In the proper posture sit on the ball with a minimum of 90 degrees bend at the hips and knees.



Movement :

- > Draw your belly button inward.
- > Tuck your chin in and rotate the head in right direction of your opposite pocket while retracting and depressing shoulder of the side being stretched.
- > Hold for 20-30 seconds, repeat for 2-3 reps.

SCALENE

Reps: 10 | Sets: 1 | Intensity: 50% | Tempo: slow | Rest: 0 |

Duration: --

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Preparation :

- > Start in optimal posture and place right arm behind body.



Movement :

- > Draw your belly button inward toward your spine.
- > Tuck your chin inward and slowly draw your left ear to your left shoulder.
- > Note: Your left hand can be used to apply slight over pressure to assist lateral flexion.
- > Hold stretch position for 20 seconds and then repeat directions on opposite side.



BRIDGE - SUPINE WITH TUBING

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest:

30sec | Duration: --

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Preparation :

- > Comfortably place tubing around your upper

thigh as depicted.

- > Lie flat on your back with your knees bent, feet straight ahead and arms to your side.



Movement :

- > Brace the spine by drawing your abdomen inward.
- > Squeeze glutes and raise pelvis vertically from floor.
- > Maintain glute activity throughout the entire exercise.
- > It is important not to let your back arch at any time during the movement.
- > Use a slow tempo (2 second concentric /2 second isometric /4 second eccentric) while abducting and adducting the hips against the band.
- > Do not allow knees to “jut” forward.
- > To increase glute activity, lift toes up.
- > Maintain a level pelvis throughout the entire exercise.



ROMANIAN DEADLIFT WITH BARBELL

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Begin with barbell on ground, knees bent 5 degrees, feet shoulder width apart.
- > Bend at the HIP joint maintaining neutral spine and grab the bar at a width that would allow the forearms to be perpendicular to the bar if the elbows were flexed at 90 degrees.
- > Slightly retract scapulae.



Movement :

- > Contract glutes, extend hips to straight position.
- > Lower down to starting position, following desired REP TEMPO.

PLANK - STANDING CABLE HOLD

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Maintain good posture with shoulder blades retracted and depressed and good stability through the abdominal complex



- > Initiate a thorough dynamic warm up prior to starting this exercise, this engages the nervous system.



Movement :

- > This movement involves transverse plane torque on the kinetic chain in a standing position
- > It is a good idea to start with a light resistance as this exercise introduces torsion at each segment of the body
- > Start with the feet shoulder width apart, feet pointing straight ahead
- > Grip the handle with an interlocking hand position
- > The shoulders stay relaxed and the arms are extended straight ahead of the chest
- > Maintain normal breathing patterns and hold for the desired length of time
- > Switch sides
- > TRAINERS: ensure that client / athlete does NOT excessively elevate the shoulder complex and/or arch the back excessively. This is a strong indication of abnormal neuromuscular control and/or too much load.

LEG PRESS - HACK SQUAT

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Adjust back pad for comfort. Note: The higher the back pad position, the greater the hamstring length due to the increased hip angle.
- > Seated in machine, attain neutral alignment of the spine.
- > Keep hips in pad. Once stabilized, hips should not rotate upward.



Movement :

- > From the start position, draw your belly button inward toward your spine.
- > With knees slightly flexed and aligned properly, slowly lower the legs. Stop if alignment is lost or when buttocks begin to “pop” off pad.
- > To return to the start position, straighten the knees (without locking out) toward the machine.
- > How far the knees extend (returning to start position) will depend on individual control capabilities. Full extension is permissible when controlled. Due to the direction of resistance, beware of hyperextension of the knee.
- > Check knee alignment, stabilize spine and repeat under control.
- > Always be in complete control of the resistance.

You should be able to stop the resistance at any time during the exercise. If stopping is not possible, decrease the amount of resistance you have employed.

- > Keep hips in pad.
- > Continually monitor alignment before and after every repetition.

CALF RAISE - SEATED

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Sit with optimal posture, place pad on the knees.

Movement :

- > Lower and raise the resistance by focusing on the calves.



ROW - SEATED CABLE

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > In proper alignment it in the machine and make any adjustments necessary to fit your body.
- > Hold the bar with arms extended at the chest level.



Movement :

- > Draw your abdomen inward toward the spine.
- > Row the bar by flexing your elbows and bringing the thumbs towards armpits while retracting and depressing your shoulder blades.
- > Avoid letting your back arch and/or head to jut forward.
- > Hold and then slowly return the arms to original position by extending the elbows.

LEG CURL - PRONE

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Align knees with axis of rotation.

- > Place foot pad where comfortable.
- > **NOTE:** It is recommended, to reduce excessive shearing forces to the knee, to bring the foot pad as high as can be tolerated.



Movement :

- > Maintaining neutral spine, flex knees toward butt, only as far as can be controlled.
- > Lower at dictated rep tempo.

LAT PULLDOWN

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Place hands on bar at a grip width that will allow the wrists to be perpendicular to the bar when the elbows are at 90 degrees.
- > Lean back just enough so that the bar descends in front of you (**NOTE:** This will vary from machine to machine).



Movement :

- > From the start position, draw your belly button inward toward your spine.

- > Maintaining optimum spinal alignment, **SLOWLY** start to pull the shoulder girdle downward. While the shoulder blades continue to move downward, the arms should follow.
- > The return motion must include shoulder girdle upward rotation and elevation. Motion should be stopped just before the muscles relax.
- > Do not allow head to “jet” forward.

PULLDOWN - STRAIGHT 2 ARM

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Begin by facing a cable machine with feet shoulder width apart, toes pointing straight ahead and knees over 2nd and toes.
- > Hold the bar with arms flexed at the chest level.
- > **Note:** Use pronated grip.



Movement :

- > Maintaining a draw in position and slightly flexed knees.
- > Perform shoulder extension by bringing your

arms to the side of the body while retracting and depressing the shoulder blades.

- > Avoid letting the back arch and/or head to jut forward.
- > Keep arms fully extended during exercise.
- > Hold and return arms in their extended position in front of body to eye level.

CHEST PRESS - SEATED

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Adjust the seat height so that the handles are in line with the point just below your shoulders.
- > While maintaining optimum postural alignment, push the foot lever (if applicable) forward, extend your elbows and grasp the horizontal handles.



Movement :

- > Draw your belly button inward (activating the deep abdominal stabilizing mechanism).
- > Bend your elbows, bringing them out and back toward your body and keeping the wrists in line

with the elbows.

- > Your range of motion should be determined by your ability to maintain optimum control throughout your whole body.
- > Keep your wrists in line with your elbows.

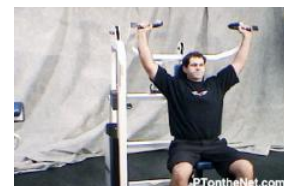
SHOULDER PRESS - SEATED

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

[VIEW VIDEO](#)

Preparation :

- > Adjust seat height so that handles are level with the top of shoulders while sitting in proper posture. *Note: To reduce range of motion, lower seat height.*



Movement :

- > Brace the spine by drawing your lower abdomen inward.
- > Maintaining proper posture, start movement by pressing upward with a smooth, controllable motion.
- > Under complete control, lower your upper arm to the start position, keeping the wrist in line with

the elbows.

- > It is important NOT to let your back arch at any time during the movement.

LUNGE WITH BICEP CURL

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex, and neutral spine angles.
- > Activate core with proper drawing in and pelvic floor contraction.



Movement :

- > While maintaining total body alignment, step forward descending slowly by bending at the hips, knees, and ankles.
- > Keep most of your weight in the forward leg and avoid letting your back knee touch the ground.
- > In the deepest part of the lunge, perform a bicep curl and lower the weight slowly.

- > Use your hip and thigh muscles to push yourself up and back to the starting position.

TRICEP PUSH-DOWN - CABLE ROPE GRIP

Reps: 12-15 | Sets: 2-3 | Intensity: 60%-80% | Tempo: slow | Rest: 30sec | Duration: --

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Preparation :

- > Stand on both legs with feet pointing straight ahead and knees slightly flexed.
- > Maintain a draw in position throughout the entire exercise.
- > Keep shoulder retracted and depressed.
- > Hold the rope with palms facing each other and elbows flexed 90 degrees.



Movement :

- > Extend the triceps by pushing hand towards the ground until arms are fully extended.
- > *Avoid letting the back arch, head jut forward and/or shoulders round forward.*
- > Hold and slowly return cable to 90 degrees of elbow flexion.

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