



GREAT CANADIAN
HELI-SKIING

CIRCUIT TRAINING

This circuit has 3 parts, do each exercise for 30 seconds then take 10 seconds rest. Repeat each part 3 times before moving onto the next one.

PART I

Side to Side Box Jumps



Side Plank with Twist



Side Squat with Toe Touch



PART 2

Jump Tucks



Abs with Leg Extension



Push Ups



PART 3

Stability Ball Wall Squat



Stability Ball Plank with Twist



Balance Work

