



Freestyle & Snowboard

Goals	Habits
Do all mobility sessions Complete regular power sessions	Eat more fruit each day Train regular while at home and at snow

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[Click here to access all the videos for this programme](#)

<https://www.youtube.com/watch?v=Ap2cpELTU>

Week Commencing: 08/05/17		Week No: 1					Weekly Training Units: 12	
Date	Monday 8.5.17	Tuesday 9.5.17	Wednesday 10.5.17	Thursday 11.5.17	Friday 12.5.17	Saturday 13.5.17	Sunday 14.5.17	
Session if away on snow	Dynamic Mobility 1 - Squat with torso rotations x10, lateral squat walks x 5 each way, forward squat walks x 5 each leg, lateral lunge to hold x 5 each leg, lying arm reaches x 5 each arm, narrow squat with arm push up x 10, hitch to wide lunge x 6 each leg. X 3 SETS	Dynamic Mobility 2 - Squat pivot walks with torso rotation x 15, Squat lateral walks x 5 each way, squat backwards walk x 5 each leg, lateral lunge to hold x 5 each leg, reach throughs x 10 each arm, narrow squat with lateral arm raise x 10, rotation lunge 45o x 4 each leg. X 3 SETS	Dynamic Mobility 3 - Up down squat pivot walks x 10, squat square walks x 3 (2 steps each way), round lateral lunge x 6 each leg, plank walk overs x 3 each way, narrow squat with breaststroke arms x 10, hitch to wide reverse lunge x 5 each leg. X 3 SETS	Recovery Day	Dynamic Mobility 1 - Squat with torso rotations x10, lateral squat walks x 5 each way, forward squat walks x 5 each leg, lateral lunge to hold x 5 each leg, lying arm reaches x 5 each arm, narrow squat with arm push up x 10, hitch to wide lunge x 6 each leg. X 3 SETS	Dynamic Mobility 2 - Squat pivot walks with torso rotation x 15, Squat lateral walks x 5 each way, squat backwards walk x 5 each leg, lateral lunge to hold x 5 each leg, reach throughs x 10 each arm, narrow squat with lateral arm raise x 10, rotation lunge 45o x 4 each leg. X 3 SETS	Recovery Day	
Session if at home	Power 4 - Jump for distance x 5, 180o squat jumps x 3 each way, 90o rotation tuck jumps x 3 each way, zig-zag hops x 4 each leg, lunge jump clock x 3 each leg. X 3 sets	Power 2 - Double leg rebound x 5, single leg alternate rebound x 3 each leg, lunge jumps x 3 each leg, lateral squat tuck jump x 3 each way, single leg hop to double leg landing square x 2 each leg. X 3 sets	Power 5 - Hop for distance x 3 each leg, 90o lateral squat jump x 4 each way (2 each rotation direction), tuck lunge jump x 3 each leg, 90o rotation lateral hops x 4 each leg (2 each rotation direction), cross over lunge jumps x 2 each leg. X 3sets		Power 4 - Jump for distance x 5, 180o squat jumps x 3 each way, 90o rotation tuck jumps x 3 each way, zig-zag hops x 4 each leg, lunge jump clock x 3 each leg. X 3 sets	Power 5 - Hop for distance x 3 each leg, 90o lateral squat jump x 4 each way (2 each rotation direction), tuck lunge jump x 3 each leg, 90o rotation lateral hops x 4 each leg (2 each rotation direction), cross over lunge jumps x 2 each leg. X 3sets		

Week Commencing: 15/05/17		Week No: 2					Weekly Training Units: 12	
Date	Monday 15.5.17	Tuesday 16.5.17	Wednesday 17.5.17	Thursday 18.5.17	Friday 19.5.17	Saturday 20.5.17	Sunday 21.5.17	
Session if away on snow	Dynamic Mobility 1 - Squat with torso rotations x10, lateral squat walks x 5 each way, forward squat walks x 5 each leg, lateral lunge to hold x 5 each leg, lying arm reaches x 5 each arm, narrow squat with arm push up x 10, hitch to wide lunge x 6 each leg. X 3 SETS	Dynamic Mobility 2 - Squat pivot walks with torso rotation x 15, Squat lateral walks x 5 each way, squat backwards walk x 5 each leg, lateral lunge to hold x 5 each leg, reach throughs x 10 each arm, narrow squat with lateral arm raise x 10, rotation lunge 45o x 4 each leg. X 3 SETS	Dynamic Mobility 3 - Up down squat pivot walks x 10, squat square walks x 3 (2 steps each way), round lateral lunge x 6 each leg, plank walk overs x 3 each way, narrow squat with breaststroke arms x 10, hitch to wide reverse lunge x 5 each leg. X 3 SETS	Recovery Day	Dynamic Mobility 1 - Squat with torso rotations x10, lateral squat walks x 5 each way, forward squat walks x 5 each leg, lateral lunge to hold x 5 each leg, lying arm reaches x 5 each arm, narrow squat with arm push up x 10, hitch to wide lunge x 6 each leg. X 3 SETS	Dynamic Mobility 2 - Squat pivot walks with torso rotation x 15, Squat lateral walks x 5 each way, squat backwards walk x 5 each leg, lateral lunge to hold x 5 each leg, reach throughs x 10 each arm, narrow squat with lateral arm raise x 10, rotation lunge 45o x 4 each leg. X 3 SETS	Recovery Day	
Session if at home	Power 1 - Double leg hop and hold x 5, single leg leap and hold x 3 each leg each leg, tuck jump x 5, Lateral squat jump x 4 each way, single leg lateral hop to double leg landing x 3 each leg. X 3 sets	Power 2 - Double leg rebound x 5, single leg alternate rebound x 3 each leg, lunge jumps x 3 each leg, lateral squat tuck jump x 3 each way, single leg hop to double leg landing square x 2 each leg. X 3 sets	Power 3 - Double leg bunny hops x 6, single leg mini bunny hops x 3 each leg, tuck lunge jump x 3 each leg, Squat jump square x 3, big hop scotch x 3 each leg. X 3 sets.		Power 1 - Double leg hop and hold x 5, single leg leap and hold x 3 each leg each leg, tuck jump x 5, Lateral squat jump x 4 each way, single leg lateral hop to double leg landing x 3 each leg. X 3 sets	Power 2 - Double leg rebound x 5, single leg alternate rebound x 3 each leg, lunge jumps x 3 each leg, lateral squat tuck jump x 3 each way, single leg hop to double leg landing square x 2 each leg. X 3 sets		

Week Commencing: 22/05/17		Week No: 3					Weekly Training Units: 12	
Date	Monday 22.5.17	Tuesday 23.5.17	Wednesday 24.5.17	Thursday 25.5.17	Friday 26.5.17	Saturday 27.5.17	Sunday 28.5.17	
Session if away on snow	Dynamic Mobility 1 - Squat with torso rotations x10, lateral squat walks x 5 each way, forward squat walks x 5 each leg, lateral lunge to hold x 5 each leg, lying arm reaches x 5 each arm, narrow squat with arm push up x 10, hitch to wide lunge x 6 each leg. X 3 SETS	Dynamic Mobility 2 - Squat pivot walks with torso rotation x 15, Squat lateral walks x 5 each way, squat backwards walk x 5 each leg, lateral lunge to hold x 5 each leg, reach throughs x 10 each arm, narrow squat with lateral arm raise x 10, rotation lunge 45o x 4 each leg. X 3 SETS	Dynamic Mobility 3 - Up down squat pivot walks x 10, squat square walks x 3 (2 steps each way), round lateral lunge x 6 each leg, plank walk overs x 3 each way, narrow squat with breaststroke arms x 10, hitch to wide reverse lunge x 5 each leg. X 3 SETS	Recovery Day	Dynamic Mobility 1 - Squat with torso rotations x10, lateral squat walks x 5 each way, forward squat walks x 5 each leg, lateral lunge to hold x 5 each leg, lying arm reaches x 5 each arm, narrow squat with arm push up x 10, hitch to wide lunge x 6 each leg. X 3 SETS	Dynamic Mobility 2 - Squat pivot walks with torso rotation x 15, Squat lateral walks x 5 each way, squat backwards walk x 5 each leg, lateral lunge to hold x 5 each leg, reach throughs x 10 each arm, narrow squat with lateral arm raise x 10, rotation lunge 45o x 4 each leg. X 3 SETS	Recovery Day	
Session if at home	Power 1 - Double leg hop and hold x 5, single leg leap and hold x 3 each leg each leg, tuck jump x 5, Lateral squat jump x 4 each way, single leg lateral hop to double leg landing x 3 each leg. X 3 sets	Power 2 - Double leg rebound x 5, single leg alternate rebound x 3 each leg, lunge jumps x 3 each leg, lateral squat tuck jump x 3 each way, single leg hop to double leg landing square x 2 each leg. X 3 sets	Power 3 - Double leg bunny hops x 6, single leg mini bunny hops x 3 each leg, tuck lunge jump x 3 each leg, Squat jump square x 3, big hop scotch x 3 each leg. X 3 sets.		Power 1 - Double leg hop and hold x 5, single leg leap and hold x 3 each leg each leg, tuck jump x 5, Lateral squat jump x 4 each way, single leg lateral hop to double leg landing x 3 each leg. X 3 sets	Power 2 - Double leg rebound x 5, single leg alternate rebound x 3 each leg, lunge jumps x 3 each leg, lateral squat tuck jump x 3 each way, single leg hop to double leg landing square x 2 each leg. X 3 sets		

Week Commencing: 29/05/17		Week No: 4					Weekly Training Units: 12	
Date	Monday 29.5.17	Tuesday 30.5.17	Wednesday 31.5.17	Thursday 1.6.17	Friday 2.6.17	Saturday 3.6.17	Sunday 4.6.17	
Session if away on snow	Dynamic Mobility 1 - Squat with torso rotations x10, lateral squat walks x 5 each way, forward squat walks x 5 each leg, lateral lunge to hold x 5 each leg, lying arm reaches x 5 each arm, narrow squat with arm push up x 10, hitch to wide lunge x 6 each leg. X 3 SETS	Dynamic Mobility 2 - Squat pivot walks with torso rotation x 15, Squat lateral walks x 5 each way, squat backwards walk x 5 each leg, lateral lunge to hold x 5 each leg, reach throughs x 10 each arm, narrow squat with lateral arm raise x 10, rotation lunge 45o x 4 each leg. X 3 SETS	Dynamic Mobility 3 - Up down squat pivot walks x 10, squat square walks x 3 (2 steps each way), round lateral lunge x 6 each leg, plank walk overs x 3 each way, narrow squat with breaststroke arms x 10, hitch to wide reverse lunge x 5 each leg. X 3 SETS	Recovery Day	Dynamic Mobility 1 - Squat with torso rotations x10, lateral squat walks x 5 each way, forward squat walks x 5 each leg, lateral lunge to hold x 5 each leg, lying arm reaches x 5 each arm, narrow squat with arm push up x 10, hitch to wide lunge x 6 each leg. X 3 SETS	Dynamic Mobility 2 - Squat pivot walks with torso rotation x 15, Squat lateral walks x 5 each way, squat backwards walk x 5 each leg, lateral lunge to hold x 5 each leg, reach throughs x 10 each arm, narrow squat with lateral arm raise x 10, rotation lunge 45o x 4 each leg. X 3 SETS	Recovery Day	
Session if at home	Power 1 - Double leg hop and hold x 5, single leg leap and hold x 3 each leg each leg, tuck jump x 5, Lateral squat jump x 4 each way, single leg lateral hop to double leg landing x 3 each leg. X 3 sets	Power 2 - Double leg rebound x 5, single leg alternate rebound x 3 each leg, lunge jumps x 3 each leg, lateral squat tuck jump x 3 each way, single leg hop to double leg landing square x 2 each leg. X 3 sets	Power 3 - Double leg bunny hops x 6, single leg mini bunny hops x 3 each leg, tuck lunge jump x 3 each leg, Squat jump square x 3, big hop scotch x 3 each leg. X 3 sets.		Power 1 - Double leg hop and hold x 5, single leg leap and hold x 3 each leg each leg, tuck jump x 5, Lateral squat jump x 4 each way, single leg lateral hop to double leg landing x 3 each leg. X 3 sets	Power 2 - Double leg rebound x 5, single leg alternate rebound x 3 each leg, lunge jumps x 3 each leg, lateral squat tuck jump x 3 each way, single leg hop to double leg landing square x 2 each leg. X 3 sets		