



4 WEEK WORKOUT PROGRAM FOR  
*Leveling up your  
snowboarding*



NAKANAKA

# Snowboarding

A snowboarder in a red jacket and black pants is riding a snowboard down a snowy slope. The snowboarder is wearing a red jacket, black pants, and a black helmet. They are leaning forward and looking down at the snow. The background is a bright, snowy mountain slope.

I'm passionate about snowboarding, and my journey began during high school in Switzerland (an incredible experience I was lucky enough to have!). That's where I first strapped on a board and fell in love with the sport. Back then, my approach was simply to snowboard as much as possible. Looking back, I realize how much strength training could have enhanced my progress. It's crucial not just for snowboarding, but for all sports and even everyday life. That's why I created this 4-week workout program specifically designed to help you become a better snowboarder.

# *Which muscles are key for snowboarding?*

Snowboarding engages a variety of muscle groups, working together to maintain balance, control the board, and execute turns. Here are the key muscles involved:

## **Lower Body:**

- **Quadriceps:** These muscles on the front of your thighs are crucial for maintaining the bent-knee stance, absorbing shocks, and initiating turns.
- **Hamstrings:** Located on the back of your thighs, the hamstrings work in conjunction with the quads to stabilize the knee joint and control leg movements.
- **Glutes:** Your gluteal muscles (buttocks) play a vital role in maintaining balance, controlling hip movement, and generating power for turns.
- **Calves:** These lower leg muscles help with edge control and fine adjustments in balance.

## **Core:**

- **Abdominals:** Your core muscles, including the rectus abdominis, obliques, and transverse abdominis, are essential for maintaining balance, stability, and controlling your body's movements while riding.
- **Lower Back:** The muscles in your lower back help support your spine and contribute to overall stability and balance.

## Other Important Muscles:

- **Ankles and Feet:** The muscles in your ankles and feet play a crucial role in making subtle adjustments to maintain balance and control the board's edges.

Why it's a "**team work**" by all the muscles:

Snowboarding isn't about isolating one muscle. It's about how these muscle groups work together to:

- **Maintain balance:** Constantly adjusting your weight and position to stay upright.
- **Control edges:** Shifting your weight to engage the edges of the board for turning and speed control.
- **Absorb impacts:** Bending your knees and using your muscles to cushion bumps and landings.
- **Generate power for turns:** Using your legs and core to initiate and complete turns.

The main focus will be on the lower body, followed by the core, since you significantly use your core to turn, and the upper body for balance and stability. To further develop balance and stability, include unilateral (one-legged) exercises like single-leg Romanian deadlifts (RDLs). Finally, add functional exercises such as jump squats to improve your ability to execute jumps and landings on the slopes.

Let's start your workout!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Squats</b> <b>Single leg RDL</b> <b>Split squats</b> <b>Glutes bridge</b> <b>Jump squats</b> <b>Calf raises</b>	<b>Deadlift</b> <b>Chest press</b> <b>Lat pulldown</b> <b>Face pull</b> <b>Bicycle crunch</b> <b>Leg raise</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Squats</b> <b>Single leg RDL</b> <b>Split squats</b> <b>Glutes bridge</b> <b>Jump squats</b> <b>Calf raises</b>	<b>Deadlift</b> <b>Chest press</b> <b>Lat pulldown</b> <b>Face pull</b> <b>Bicycle crunch</b> <b>Leg raise</b>	<b>Rest or cardio &amp; abs if possible</b>
<b>Rest or cardio &amp; abs if possible</b>	<b>Deadlift</b> <b>Chest press</b> <b>Lat pulldown</b> <b>Face pull</b> <b>Bicycle crunch</b> <b>Leg raise</b>	<b>Squats</b> <b>Single leg RDL</b> <b>Split squats</b> <b>Glutes bridge</b> <b>Jump squats</b> <b>Calf raises</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Deadlift</b> <b>Chest press</b> <b>Lat pulldown</b> <b>Face pull</b> <b>Bicycle crunch</b> <b>Leg raise</b>	<b>Squats</b> <b>Single leg RDL</b> <b>Split squats</b> <b>Glutes bridge</b> <b>Jump squats</b> <b>Calf raises</b>
<b>Rest or cardio &amp; abs if possible</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Deadlift</b> <b>OH press</b> <b>Chest fly</b> <b>Pullover</b> <b>Side plank pullover</b> <b>Plank leg raise</b>	<b>Squats</b> <b>Bulgarian split squat</b> <b>Lateral squat</b> <b>Reverse lunge</b> <b>Split squat jump</b> <b>Single leg glutes bridge</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Deadlift</b> <b>OH press</b> <b>Chest fly</b> <b>Pullover</b> <b>Side plank pullover</b> <b>Plank leg raise</b>
<b>Squats</b> <b>Bulgarian split squat</b> <b>Lateral squat</b> <b>Reverse lunge</b> <b>Split squat jump</b> <b>Single leg glutes bridge</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Deadlift</b> <b>OH press</b> <b>Chest fly</b> <b>Pullover</b> <b>Side plank pullover</b> <b>Plank leg raise</b>	<b>Squats</b> <b>Bulgarian split squat</b> <b>Lateral squat</b> <b>Reverse lunge</b> <b>Split squat jump</b> <b>Single leg glutes bridge</b>	<b>Rest or cardio &amp; abs if possible</b>	<b>Rest or cardio &amp; abs if possible</b>

Pick 4-6 exercises for each day. Begin with 3-4 sets of 15-20 repetitions per exercise, incorporating supersets to primarily focus on developing cardiovascular fitness and muscular endurance. You can start with lighter weight and then gradually increase the weight.

Supersets combine two exercises performed back-to-back with minimal rest, boosting both cardio and strength. For example, 15 squats followed by 15 glute bridges equals one set; complete 3-4 sets.

### Rules To Follow:

Frequency & Recovery	Intensity	Volume	Progression
Train 3-5 times a week	Simply start with a weight you can lift for 8 reps	10 to 20 sets per muscle group per week	Increase weight
Rest trained muscle for 48-72 hour	Always prioritize maintaining proper form over lifting heavier weights.	number of sets X repetitions X weight lifted	Increase reps/sets

While these guidelines provide a helpful framework, it's essential to prioritize listening to your body. If you're feeling fatigued, don't hesitate to take a rest day. If you experience muscle soreness, rest and consider a warm bath to aid recovery. Equally important is enjoying the process. This workout program is designed to enhance your well-being, not to be a burdensome obligation.

Regardless of whether it's currently snowboarding season, this 4-week workout plan can help you improve your skills. If you're already on the mountain, integrating this program into your routine can boost your performance and reduce your risk of injury. If the season hasn't yet begun, this is an ideal time to prepare your body for the demands of snowboarding. After completing the 4-week program, you can continue with the exercises to further enhance your strength, balance, and endurance.

The beauty of strength training lies in its adaptability. You can create a plan specifically designed to meet your unique needs and goals. This workout plan is simply a starting point; feel free to adjust it based on your current fitness level, your progress, and any specific objectives you may have. That is what I want you to learn and I am here to help!

Want to learn how to create your own effective workout plan? Check out my eBook, "How to Program Your Workout Plan," in the [SHOP](#).

Need guidance? I offer 30-minute online fitness sessions to discuss your goals and challenges and create a personalized plan. First one is free! Learn more [HERE](#) or book your free session [HERE](#).

You have the power to improve your snowboarding; start your strength training journey today!