



# DIG DEEP 2020

## WEEK 3

## WEDNESDAY

**"THE TOUGH PART OF SKI RACING IS THERE ARE OFTEN MORE FAILURES THAN SUCCESSES, SO YOU HAVE TO BE RESILIENT."  
- TED LIGETY (SKI RACER, OLYMPIAN)**

### WORKOUT #2 - STRENGTH

**To Scale Up:** 5 Rounds

#### 1. Warm-Up:

Wengen Warm-up Routine

#### 2. Total Body Strength:

Grab your workout rock (weighs your age)

4 Rounds - In a row, no stopping!

4 Squat Jump Throws (run to get rock)

6 Squat to Presses

8 Alternating Lunges (total)

10 Reverse Lunges (total)

10 m Bear Crawl (without rock)

30 sec. Side Plank (without rock)

#### 3. Challenge:

Soccer ball juggle

How many can you get in a row?!

(5 minute time limit)

#### 4. Core Plus

4 Rounds:

5 V-Ups

10 Supermans

20 Penguins

(Rest as needed)

#### 5. Bye Bye Burpees: 10

#### 6. Warm Down:

5-10 minutes

#### Today's Video Contest:

Send us a video of you introducing your rock to the world! Include its name and share 3 interesting facts about it. (Ex. Personality traits, hobbies, favorite music/color, etc)

**Email:** FUN@eliteam.com

**Subject:** "First Last Name & Rock Video"