



SHRED FROM THE START

What's up guys! Welcome to Shred From The Start! This is a 6 week, online snowboard program designed to get you ready for the snow season. The worst thing ever is being so ready to shred, but your body is still trying to get there. Sometimes, it takes a solid 3-4 weeks, or multiple trips, to really get to the point you can go full send. And usually by that time, the season is wrapping up (well at least in California)!!

Enter Shred From The Start.

We're giving you 6 weeks worth of workouts, totaling 18 gym sessions, to get you ready! It also includes 10 Stability and Balance exercises, 10 Mobility movements, and 5 Conditioning exercises. Knowing our community is full of snowboarders, it means a lot to us being there to help get you guys going! So thank you for choosing Shred From The Start! Make sure to tag us on social media when doing your program! Our Instagram is @powerlux_fitness and TikTok is @powerluxfitness!

Let's get after it!!

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GENERAL WARM UP

EXERCISE
1) Jog (down and back)
2) Backpedal (down and back)
3) Shuffle (down and back)
4) Carioca (down and back)
5) Frankensteins
6) Inverted T
7) Adductor Stretch
8) Calf Swoops
9) Lunge w/ a Twist
10) Quad Stretch w/ Reach
11) Skips (down and back)
12) Shuffle w/ Switch (switch directions during)
13) 2 Jumps to Sprint

WEEK 1 WORKOUT 3

Full Body Plyos, Stability, & Strength

EXERCISE	SETS	REPS	NOTES/TEMPO
MOBILITY/ACTIVATION:			
1) Hip Flexor Stretch	2	8/side	
2) TRX Rows	2	10	
3) Mini Band Monster Walks	2	15 yards up & back	
PLYOS & STABILITY:			
1) Line Hops	2	10 each	DL & SL, Forward & Lateral
2) Snapdowns	2	4 square, 2/side SS	Square & Split Stance
3) Depth Drops	2	2/side	2 w/ each foot hanging off
4) SL Jump onto Foam Pad	2	8/side	
5) Multiplanar Jumps	2	10 total	DL
6) SL Balance w/ TB Catch	2	8/side	
LIFT:			
1a) LNDM Push Press	3	4	
1b) MB OH Toss	3	3	
2a) Back Squat	3	8	
2b) Goblet Loaded Squat Iso	3	10 seconds	
2c) Vertical Jump	3	2	
3a) SS BB OH Press	3	5/side	
3b) SA DB Row	3	8/side	
3c) DL DB RDL	3	8	
4a) Curtsey Lunge	2	8/side	
4b) BO Reverse Flyes	2	10	
4c) SL MB Slam	2	4/side	
5a) Hanging Knee Ups	3	10	
5b) Side Plank	3	15 seconds/side	