

A photograph of two skiers on a snowy mountain slope. The skier in the foreground is wearing a bright yellow jacket, white pants, a grey helmet, and goggles. They are in a dynamic, low-to-the-ground stance, carving through the snow. The skier in the background is wearing an orange and white jacket and is also carving, kicking up a large cloud of snow. The background features a large, snow-covered mountain peak under a clear blue sky.

3S Training

By Hadley Shew

My Profile

HADLEY

Hadley has been a fan of sports and training ever since he was a teenager. After years of training, he decided to take a course in personal training and bodybuilding.



This only deepened his passion for fitness as he learned how to best guide his clients to the goals they set for themselves. He insists on keeping a sharp eye on his clients and making sure that they are doing the exercises correctly.

He motivates clients to stay on track with their goals and always work out using proper form. With Hadley, you won't need to worry about doing exercises incorrectly. He makes sure you're doing it safe and injury-free!

Qualification Highlights

- AASFP - Advanced Personal Fitness Trainer certificate
- Bodybuilding Training Certificate
- AASFP - Cardiopulmonary Resuscitation Certification Course
- AASFP - Sports Science & Fitness Foundation Course

Training Areas

- Weight Control and Fat Loss
- Functional Training
- Power Lifting
- General Training
- Core Strength Development
- Bodybuilding



Primary Muscle Used for Skiing

- The Core Musculature
- The Feet and Ankles
- Gluetus Maximus
- Quadriceps
- Hamstring



What is 3s Training

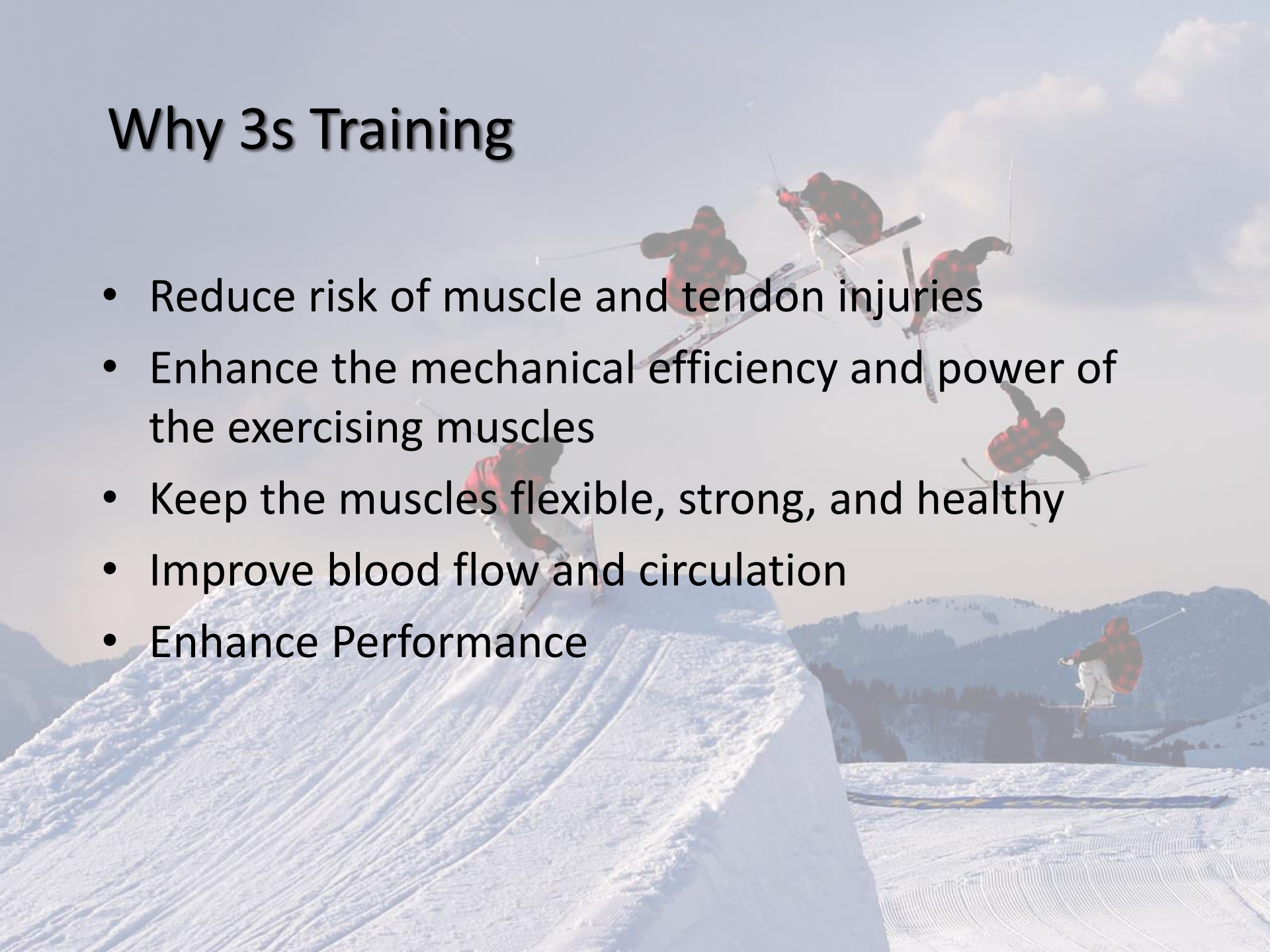
- Skiing Warm Up
- Stetching
- Srengthening



3s Training	Skiing Day	Daily Training
Skiing Warm Up	O	O
Stretching	O	O
Strengthening	X	O

Why 3s Training

- Reduce risk of muscle and tendon injuries
- Enhance the mechanical efficiency and power of the exercising muscles
- Keep the muscles flexible, strong, and healthy
- Improve blood flow and circulation
- Enhance Performance



Skiing Warm Up Exercise

- Standing Forward Leg Swing
- Standing Side to Side Leg Swing
- Hip Rotation
- Lower Back Warm Up
- Criss Cross Crunches
- Calf Raises
- Ankle Rotations



Skiing Warm Up Exercise

- Standing Forward Leg Swing - 20 reps each leg

Target Muscle:



Skiing Warm Up Exercise

- Standing Side to Side Leg Swing - 20 reps each leg

Target Muscle:



Skiing Warm Up Exercise

- Hip Rotation - 10 reps each direction

Target Muscle:



Skiing Warm Up Exercise

- Lower Back Warm Up - 10 reps each direction

Target Muscle:



Skiing Warm Up Exercise

- Criss Cross Crunches - 10 reps each direction

Target Muscle:



Skiing Warm Up Exercise

- Calf Raises - 20 reps

Target Muscle:



Skiing Warm Up Exercise

- Ankle Rotation - 10 reps each side together

Target Muscle:



Stretching

- Standing Hamstring Stretch
- Standing Quads Stretch
- Lying Knee Roll-over Stretch
- Butterfly Stretch
- Calves Stretch
- Downward Facing Dog
- Ankle Stretch



Stretching

- Standing Hamstring Stretch

Target Muscle:



Stretching

- Standing Quads Stretch

Target Muscle:



Stretching

- Lying Knee Roll-over Stretch

Target Muscle:



Stretching

- Butterfly Stretch

Target Muscle:



Stretching

- Calves Stretch

Target Muscle:



Stretching

- Downward Facing Dog

Target Muscle:



Stretching

- Ankle Stretch

Target Muscle:



Strengthening

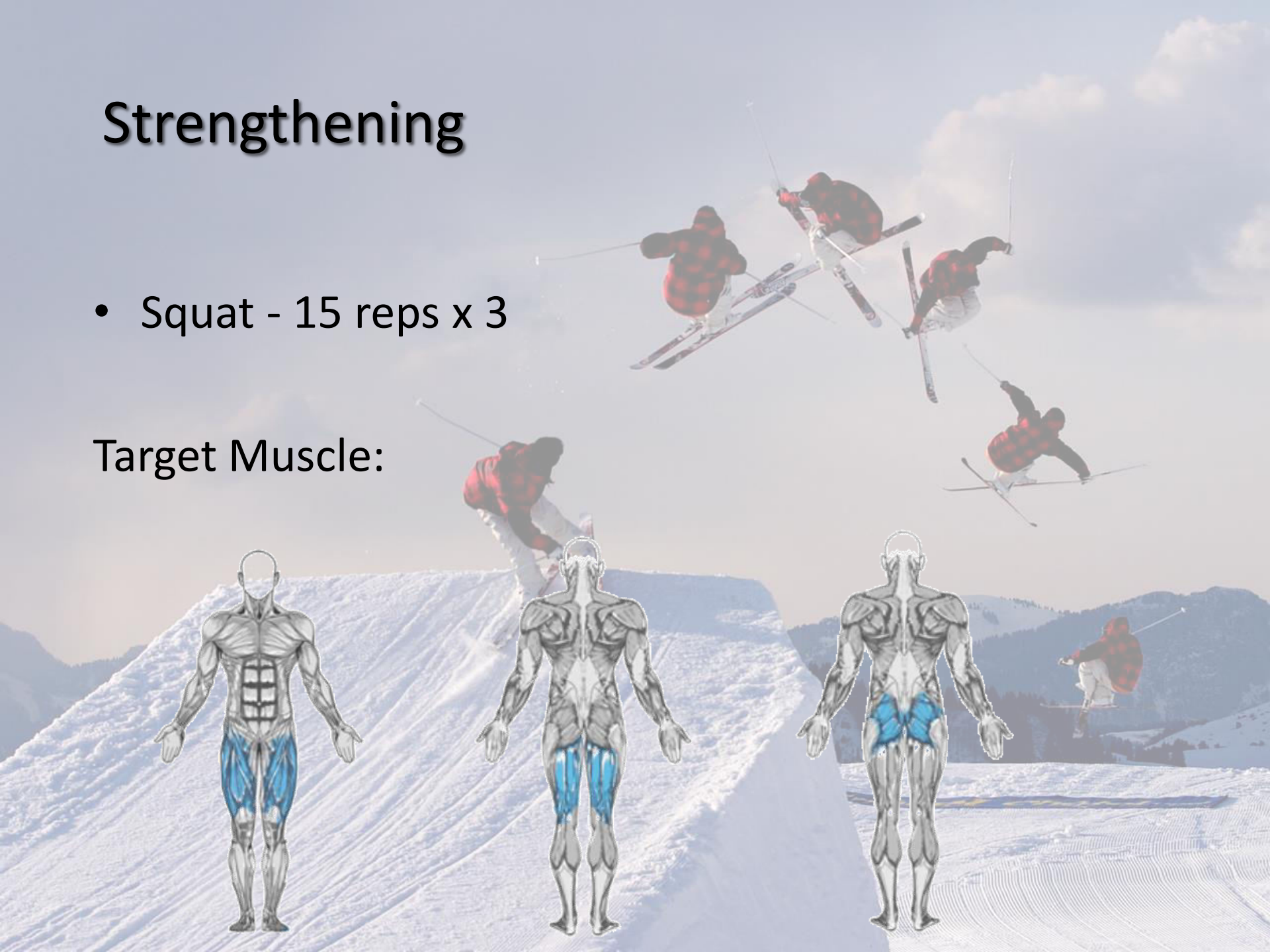
- Squat
- Leg Curl
- Glutes Bridge
- Jumping Calves Raise
- Plank
- Abs Curl
- Ankle Curl



Strengthening

- Squat - 15 reps x 3

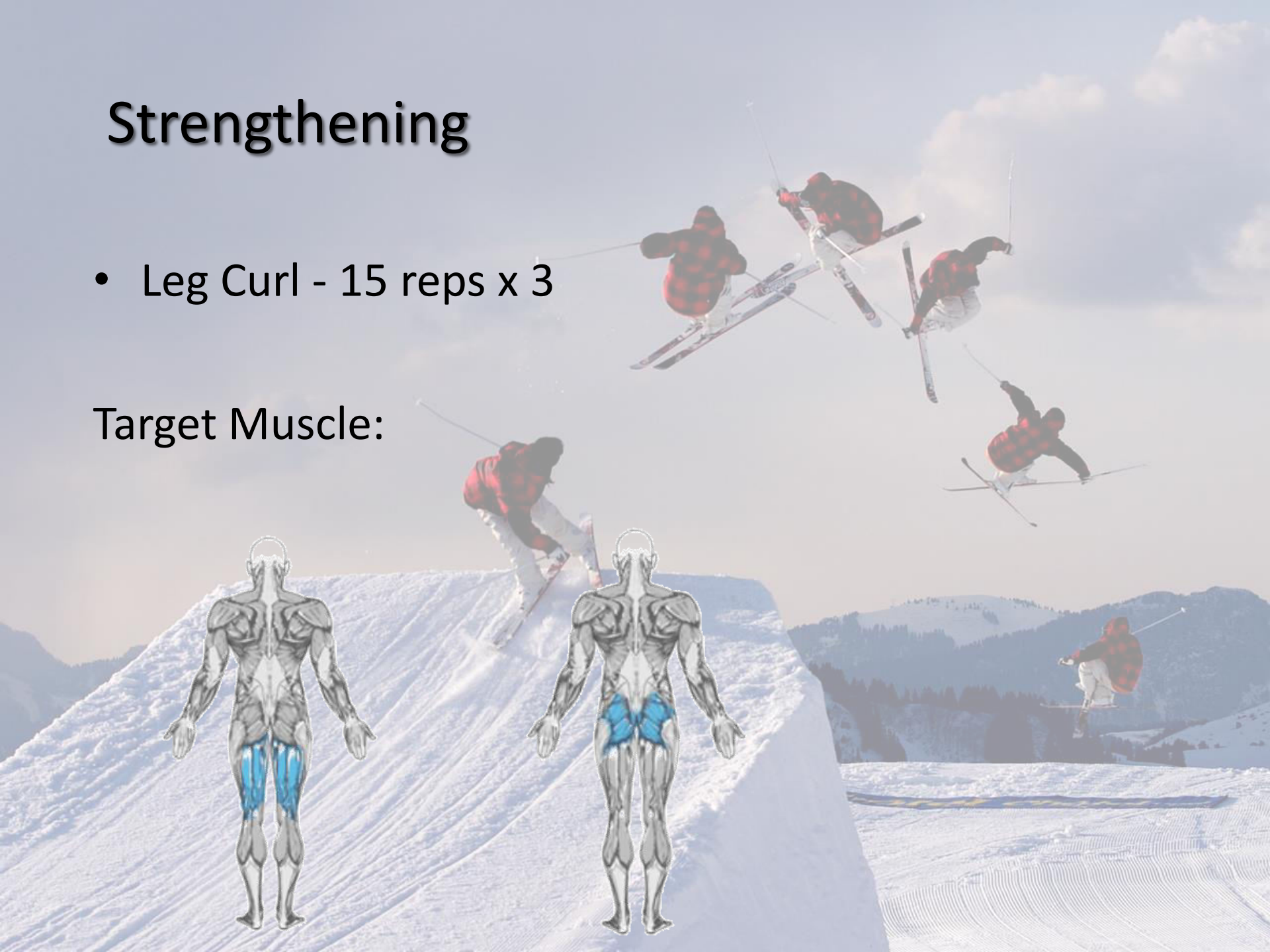
Target Muscle:



Strengthening

- Leg Curl - 15 reps x 3

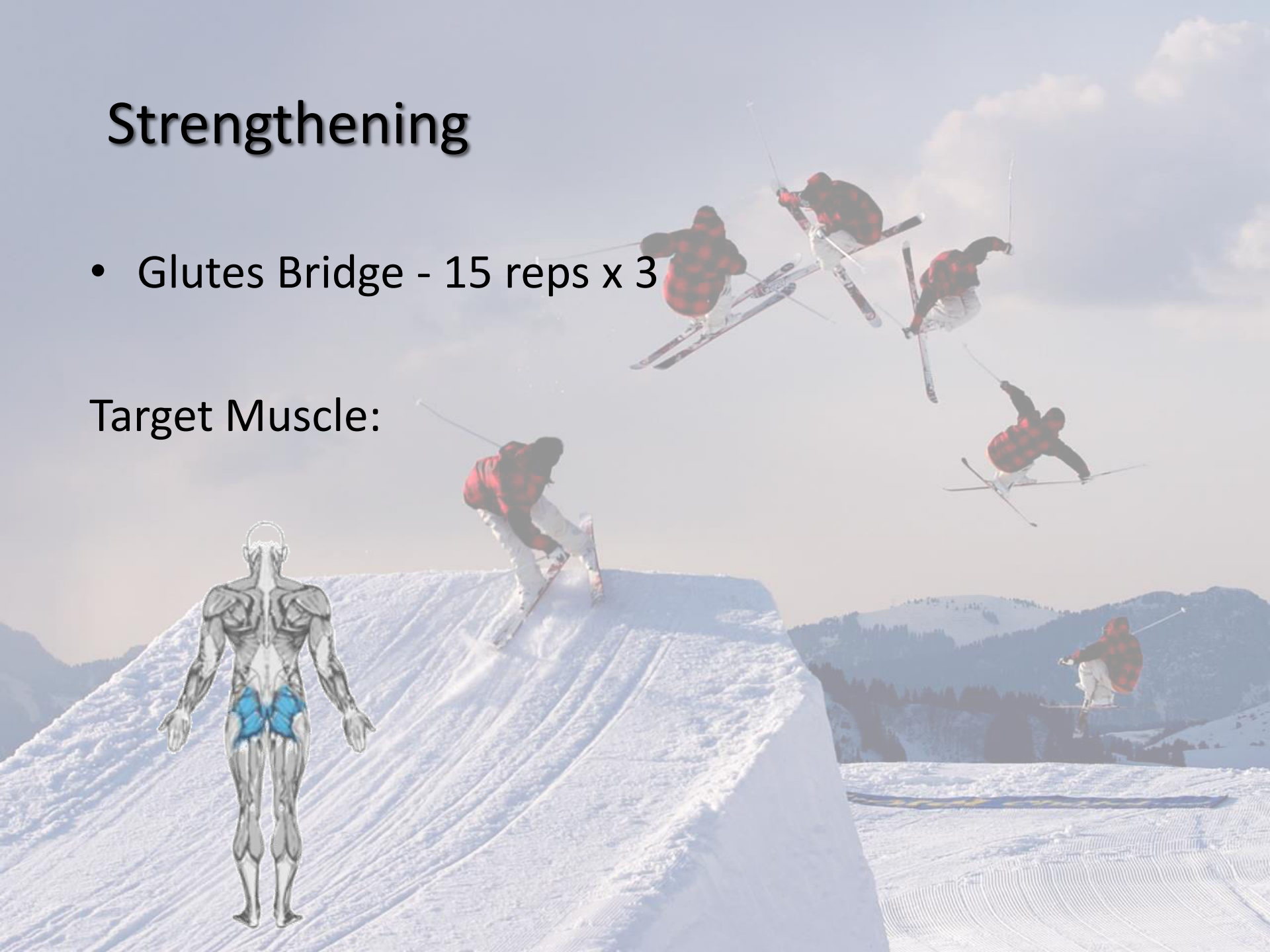
Target Muscle:



Strengthening

- Glutes Bridge - 15 reps x 3

Target Muscle:



Strengthening

- Jumping Calves Rasie - 30 reps x 3

Target Muscle:



Strengthening

- Plank - 1 min x 3

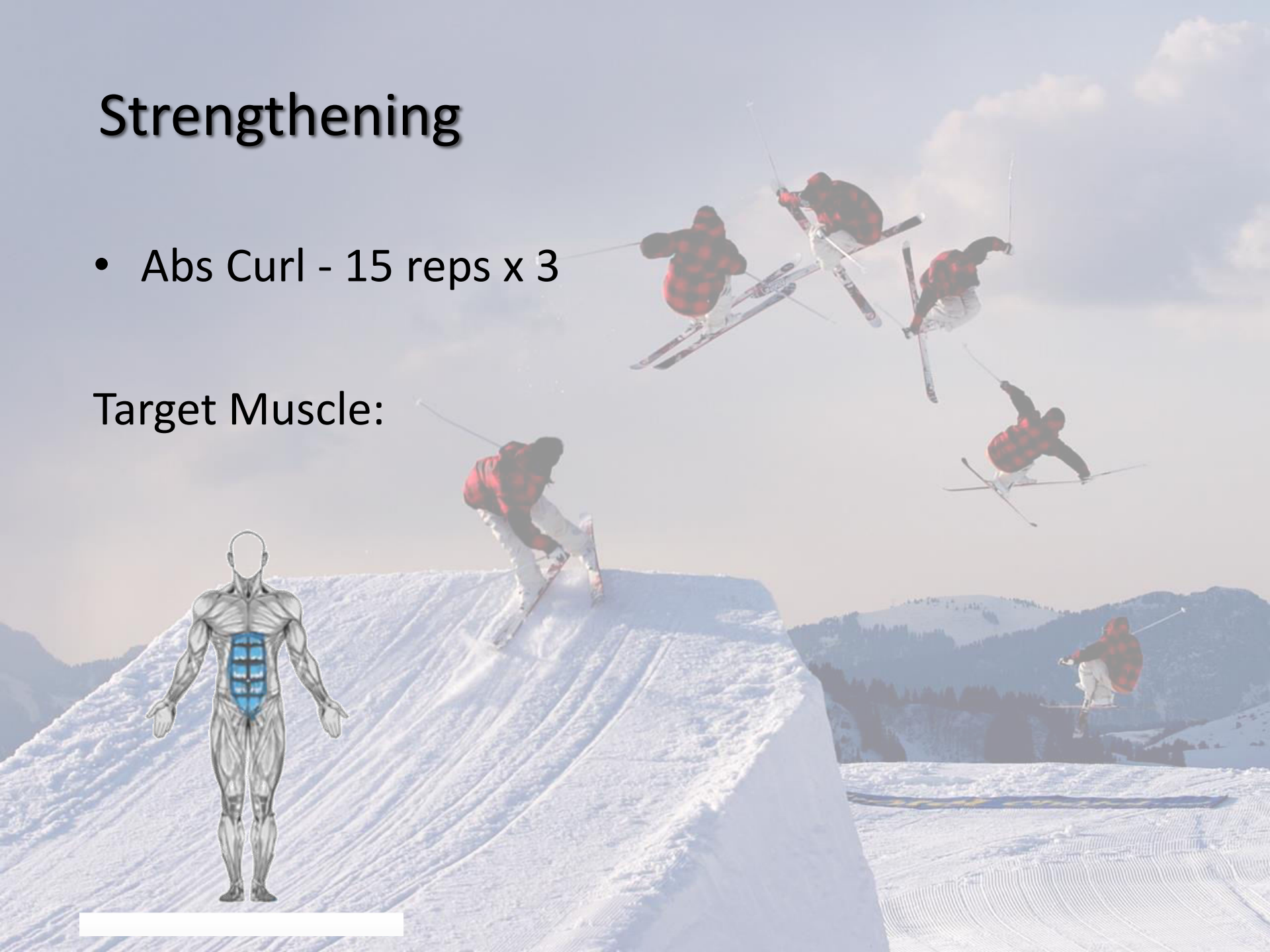
Target Muscle:



Strengthening

- Abs Curl - 15 reps x 3

Target Muscle:



Strengthening

- Ankle Curl - 15 reps x 3

Target Muscle:





Q&A

Thank you

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