



Karpy's Workout For Bumps

This is also a wonderful workout in general all year long.

Before starting any workout session, complete a full stretching routine, incorporate some Yoga.

Lower Body

- A 1-2 mile run is nice outside (inside use treadmill).
- Sit-ups on Crunch Floor Machine (Done 6 times between other exercises)
- (2) Pilates Core exercises (The Hundred) (The Knee Kick Sit-up) (Done with sit-up 6 times between other exercises)
- 20-30 minutes of bike machine
- Sit-ups, Pilates
- 20-30 minutes of stairmaster
- Sit-ups, Pilates
- 25 minutes of inclined treadmill, running
- Sit-ups, Pilates
- Leg Extensions Low weight, High Reps (3) sets, burn till toast
- Leg Extensions, One leg at a time (2) sets, burn till toast
- Leg Press, Same as above.
- Leg Curls, Same as above
- Calve raises, as many as possible, then do more
- Squats with low weight, high reps, (3) sets or till toast
- Sit-ups, Pilates

Upper Body

- On Pulley Machine with low weight, really high reps, (3) sets, then one set of 10 with more weight.
- Upright Rows
- Standing Pull-downs
- Seated Pull downs, Front then back
- Standing one-arm curls with top pulley, lower pulley across body
- Standard curls using straight bar
- Sit-ups, Pilates

After: A bit of light stretching, time in Sauna, Steam Room

Time is usually the problem for getting these workouts in. I try to spend at least 4-5 days in the gym. This is a solid strength, endurance, Core and muscle twitch workout. When I skied competitively this was my workout combined with more strength-based exercises.