

Snowboard Trainer

Exercises for your lesson

It is a simple list of exercises split in categories

You as an instructor will need to know the exercises on this app because they do not come with a how to teach section.



List of exercises for vertical movements

Is about flexing and extending which results in pressure control, managing pressure as well as increasing decreasing pressure.

<< **ROTATIONAL** >>



List of exercises for rotation

Is about upper and lower body steering as well as spinning.



List of exercises for lateral movements

Is about moving across the board to create tilt and twist.



List of exercises for longitudinal movements

Is about moving fore as well as create or release pressure on certain part of the board.



List of Versatility Tasks

Is about blending movements together to create exercises/tasks for high level riders.



Team exercises

Is about having fun as a team and learn from each other.



Warm Up

Is about warming up before riding or while riding including games and stories.



How to use the Snowboard Trainer

It is a simple list of exercises split in categories

You as an instructor will need to know the exercises on this app because they do not come with a how to teach section.

You will need to read a person's riding and come up with a lesson plan for the rider. This LIST will only give you a list of exercises if you run out of ideas.

Please do not use exercises on this list you don't already know.

This list is set up in the following categories

VERTICAL

is about flexing and extending which results in pressure control, managing pressure as well as increasing decreasing pressure.

exercises in vertical are focused on range of movement, timing, passive and active absorption, turn size, rhythm and flow, one vs the other as well as freestyle

ROTATIONAL

is about upper and lower body steering as well as spinning.

exercises in rotational are focused on lower body steering, upper body rotation, counter rotation, prewind and centered pivot point

LATERAL

is about moving across the board to create tilt and twist.

exercises in lateral are focused on angulation vs inclination and how to move the body to create edge or twist

LONGITUDINAL

is about moving fore and aft and create or release pressure on certain parts of the board.

exercises in longitudinal are focuses on moving fore and aft in riding situation as well as freestyle

For me this is the movement which determines if you are a good rider or a great rider similar to the special ingredients coca cola uses for the original coke taste.

VERSATILITY TASK

is about blending movements together to create exercises taks for high level riders. those exercises should be taken apart and practiced before trying the final version

TEAM

is about having fun as a team and learn from each other

WARM UP

is about warming up before riding or while riding

Each category will focus on different movement within the snowboard universe, but it doesn't mean that you can neglect the rest or that this exercise only focuses on this movement.

Think of the butterfly effect, if you change something it might improve the rest in someones riding but it could also show other inefficiencies.

If a rider is mainly making medium size turns but is flexing down to quickly you may focus on a slower more progressive flexing movement. If the rider or you as the instructor then decides that for this terrain a smaller/larger turn would be of benefit you can't just change the timing of the vertical movement but need to adjust the rest as well.

Vertical

List of Exercises for vertical movements

Is about flexing and extending which results in pressure control, managing pressure as well as increasing decreasing pressure.

Range of Movement

- small
 - dwarf, low rider, mouse,
- TALL
 - GIANT, GIRAFFE
- small vs TALL
- hopping
 - stationary
 - in motion

Timing

- with Basic Movement Pattern also known as (up unweighted)
- or
- Dynamic Movement Pattern also known as (down unweighted)
- Breath in Breath out
 - Basic Movement Pattern
- Start TALL finish small
 - Basic Movement Pattern
- Start small finish Tall
 - Dynamic Movement Pattern
- Pivot Slips
 - Basic Movement Pattern
 - Dynamic Movement Pattern
- J Turns
 - Basic Movement Pattern
 - Dynamic Movement Pattern
- C Turns
 - Basic Movement Pattern
 - Dynamic Movement Pattern
- Counting
- Turns

with one turn with a Basic Movement Pattern
and the other with a Dynamic Movement Pattern

- Basketball

Basic Movement Pattern

shooting the ball (getting taller for edge change)

bouncing the ball (getting smaller)

- Turn Size

small

medium

medium

Large

Absorption

Independent Leg Movement

Passive you simply just absorb

- Traversing

Moguls

Bumpy Terrain

Crud

- Ceiling

- Blindfolded

only in pairs with the partner constantly speaking or making noise
so you know he is still there.

Start with traversing

- Turning in Moguls / bumpy Terrain / Crud

- Ceiling

- Love the Bumps

loosen up and don't be scared off the bumps

- Breath in Breath out

Active

- Pumping Rollers

Moguls

- Pre jump

Bump

Roller

Mogul

- Suck it up / Push it down

- Bad Ollies

landing on the Nose

Rhythm and Flow

- Breath in Breath out
- Counting
- Singing
- Yoga

One vs the other

- small vs TALL
- explosive vs slow
- Basic vs Dynamic
- Passive vs Active
- Continuous vs
to slow
to quick

Freestyle

- two footed hop
- tail tap
Stationary
in motion

Rotational

List of Exercises for rotation

Is about upper and lower body steering as well as spinning.

Lower Body Steering

- Bow Tie
 - without board turn the whole leg to create a bow tie shape with your boot in the snow
 - show difference between a straight and a flexed knee
 - with board on: step on board
 - behind the board heelside edge
 - in front of the board toeside edge
- J Turn 1 or 2 footed
- Garland focus on steering the board out off the falline with front knee steering
- Point front knee where you want to go
 - Outlining the nose of the board with front knee
 - Torch on front knee
 - Gun on front knee
 - Laser on front knee
 - Front leg as joystick
- Hands on knee especially heelside turns
- Dwarf turns
 - to show clients, how much more powerful a flexed knee is compared to an extended (giant turn)

Upper Body Rotation

- Point where you want to go
- Look where you want to go
- Water Bucket
- Drawing an 8
- Hands on Jacket (Also good to stop or feel their counter rotation, but first give them the tool for steering)
 - Hands on Pants
 - Hands behind the back (Toe side turn)
 - front hand in front and back hand behind the back (Heel side turn)
 - front hand behind the back and back hand in front (Toe side turn)
- Giant Turns

- to show clients, that a tall position might cause them to use upper body rotation
- Dwarf turns
 - work with upper body rotation begin with and then bring in lower body steering
 - J Turn 1 or 2 footed more powerful less precise
 - Powder Turns (turns in powder)
 - Slush Turns (similar to powder but for Slush)
 - upper body rotation a good tool to add more power to the steering in a turn

Counter Rotation

- Hockey Stop / Quick Stop
- Scissor Slipping
- Shifty Airs
 - stationary / in motion
- Shifty Flatland
 - stationary / not recommended while in motion due to catching an edge

Prewind

- Nose and Tail Turns
 - stationary / in motion
- Butters
 - stationary / in motion
- for hop or jump 180° / 360° / 540° etc
 - stationary / in motion

Centered Pivot

- Scissor Slipping
- Pivot Slips
 - with focus on aligned board and body
- Pivot Slips
 - with focus on anticipation
- Flat Land 360°

Separation & Anticipation

- Boardslides
 - Stationary
 - in motion
- using your gloves how anticipation works
 - (spine/core is the glove which stores energy like a spring)
- Front hand pointing down the hill
- Pivot Slips

- Short Turns
 - very skidded almost like a pivot slip
 - skidded
 - edged

Turn Shape

- Dead Stop Turns
- Back up Turns
 - Jigsaw Turns
- Funnel
 - Tornado Turns
 - Hourglass Turns
- Closed Turns
 - for speed control
- Open Turns
 - to gain speed on flatter terrain

Rhythm and Flow

- Counting
- Follow the Leader
- Funnel
 - Tornado Turns
- Powder 8 Turns
 - Team up and try to create an 8 with your tracks

One vs the other

- Upper Body vs Lower Body
- Counter Rotation vs Rotation
- Anticipation v. Aligned
- Dwarf vs Giant
- Open vs Closed Turns

Other ways to Turn

- Back foot kick
 - fun for spray turns in powder and slush but also tiring and inefficient
- Counter rotation turns
 - good for quick stops / hockey stops
 - tiring not good for rhythm and flow

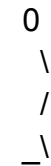
can be stressful on the body and can cause back ache

Lateral

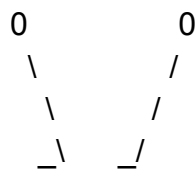
List of Exercises for lateral movements

Is about moving across the board to create tilt and twist.

Angulation



Inclination



Understanding can also be used as an edging exercise

- rolling from toes to heels in a flexed position (angulation / more stable)

Stationary

without the snowboard

trust your partner

on your own

with snowboard

trust your partner

on your own

in motion

in fall line just rolling from edge to edge

in turns

- rolling from toes to heels in an extended position (inclination / less stable)

Stationary

without the snowboard

trust your partner

on your own (going to fall over)

with snowboard

trust your partner

on your own (going to fall over)

in motion

in fall line just rolling from edge to edge

in turns

Edging

- Standing on your toes
(open ankles) less stable and more tiring
Stationary
without the snowboard
with snowboard
in motion
in a toe edge traverse
in a toe side turn
- Bending knees over toes while balancing on the ball of your foot
(flexed ankles) more stable and less tiring
Stationary
without the snowboard
with snowboard
in motion
in a toe edge traverse
in a toe side turn
- Edge Angle change
(can be adjusted through lateral movement or opening and closing ankle joint)
Traverse
from low to high edge angle and back
Turns
from low to high edge angle (start skidded and then carve or increase grip)
from high to low edge angle (start carved/edged and then skid or decrease grip)
while carving adjust the size of the turn with different edge angles
- Increase edge angle at completion of the turn
(for a better more stable platform to change edges)
with just the back foot
with both feet
- Quickly increase edge angle at completion of the turn
(for a snappier edge change)
with just the back foot
with both feet
- Edge Wiggles
down the fall line
across the fall line
- Double Edge change turns
- Hanger Turns

hold a flat base before edge change

Torsional Twist

- **Gas Pedals** (only use this to see if your guest can twist the board)
 - by pushing down the toes you open up the ankle joint (bad movement)
 - the guest COM gets pushed back on to the back foot which will prevent a smooth initiation of a turn
 - stationary
 - while sitting down
- Torsional Twist
 - Toe side
 - make them close the front ankle by bringing the front knee over the little toe
 - while allowing the hip
 - and upper body to follow
 - (for intermediate and advanced riders you can add more power by lifting up your back toes)
 - Heel side
 - outline the nose of the board with your front knee and slowly push down the front heel
 - (for intermediate and advanced riders you can add more power by rolling on the ball of your foot with your back foot)
 - On the slope
 - the instructor can place a snowboard boot under the guests snowboard to give them a platform
- Falling Leaf / Floating Leaf
- Garland / extreme falling leaf
- C-Turn
 - toe to heel
 - heel to toe
- Linking Turn

Longitudinal

List of Exercises for longitudinal movements

Is about moving fore as well as create or release pressure on certain part of the board. For me this is the movement which determines if you are a good rider or a great rider similar to the special ingredients coca cola uses for the original coke taste.

Shuffle the board back and forwards

- Stationary
 - Lower Body
 - Hips
 - Upper Body
- Traversing
 - Lower Body
 - continuous movement throughout the traverse
 - Hips
 - continuous movement throughout the traverse
 - Upper Body
 - continuous movement throughout the traverse
- Turning
 - Lower Body
 - continuous movement throughout the turn or timed
 - Hips
 - continuous movement throughout the turn or timed
 - Upper Body
 - continuous movement throughout the turn or timed
- Bumps
 - timed movement
 - pushing the board forward going up
 - pushing the board back going down to regain balance
 - first while Traversing
 - then while Turning
- Turning while
 - being Centered
 - leaning Forward
 - leaning Backward
 - then try different combinations

Freestyle

- Tail Press

Manual

Wheelie

stationary

in motion

- Nose Press

stationary

in motion

- Tail Press / Nose Press

Race

Longest

stationary

in motion

Highest

stationary

in motion

- Ollie

stationary

in motion

- Nollie

stationary

in motion

Versatility Tasks

List of exercises for combinations of different movements

Is about blending movements together to create exercises/tasks for high level riders.

- Edge change hopped / jumped
- Dolphin Turns
- Shark Turns (nollie and landing on the tail)
- One Dolphin Turn one Shark Turn
- Toe to Toe Turns
- Heel to Heel Turns
- Flatland 360° in Bumps
- Loose Bindings
- Loose Boots
- Loose Bindings and Boots
- No Highbacks
- Shark vs Jellyfish
- GS (medium to large) Turns in Bumps / Moguls
- Zipper Line Bumps / Moguls
- Raceboard Stance / Forward Stance

- Make up your own
 - either by putting some movement options / tasks to paper
 - then pick two papers and put them to the test
 - add more movements and tasks to the mix to create combos

Team Exercise

List of team exercises

Is about having fun as a team and learn from each other.

- Snowboard Swap
- Human Slalom
- Copycat
- Most (turns, jumps, high fives etc...)
- Slowest
- Highest
- Lowest
- Pairing two regular/goofy rider while the second rider is riding switch
- Pairing a Goofy with a Regular rider
- Flatland 360° as a Team while holding hands
- Pivot Slips with separation as a team while holding hands
- Slope tricks competition
- HangMan / Loser competition copycat style

Warm Up

List of warm up exercises

Is about warming up before riding or while riding including games and stories.

- Dynamic stretching before snowboarding
 - simply not holding your stretch for 15-30 seconds but constantly moving
- Mirror your Instructor or Partner
- Surf Camp
 - a story to warm up
 - waking up in a bungalow by the beach turning off the alarm clock
 - yawning and stretching of the body
 - looking out the window and looking for the surfboard (snowboard)
 - walking to the beach and start to paddle out and trying to catch a wave
 - and standing on the board
- Balance Game
 - in pairs and snowboard stance, front foot to front foot
 - then trying to push each other over
 - Winner is the person who didn't move the leg
- Boardercross Race
 - just on the flat and not moving either with or without the board strapped on
 - 3, 2, 1, go
 - rollers are an ollie, jump a two footed hopp,
 - toe side turn balancing on the ball of your foot, heelside turn balancing on the heels,
 - tuck, etc...
- Hipp Hopp
 - standing in a circle facing towards the group while holding the snowboard
 - the command hipp means everyone moves to the left but leaving the board in place,
 - hopp means the same to the right, hipp hipp means twice to the left
- Team Bench
 - making a circle with 5 or more people with either all left/right hands pointing
 - to the middle, once the circle is really small try to sit on each others lap
- Relay Race
- Game of Tag
- Passing a Ball / Beanie / Scarf
- Show me a move / a trick / a stretch

Warm Up while Riding

Only use exercises you feel comfortable with for warm up and slowly ease yourself in

- Hopping while riding (if your comfortable then try hopping throughout the turn)
- Shuffling while riding (if your comfortable then try shuffling throughout the turn)
- small vs. TALL
- Upper Body rotation
- Counter rotation
- Front Knee steering
- Scissor Slips
- Pivot Slips
- Loose Bindings
- Range of Movements
- Feel the snow and get used to today's snow and weather conditions



Björn alias Swissy

Creator of Snowboard Trainer

Snowboarding is more than just a sport to me, it is my life, my job and hobby. I am a full cert snowboard and ski instructor with SBINZ and Swiss Snowsports. My goal with this tool is to help me out when I run out of Ideas and hopefully yourself.

Help me to add more exercises

If you have some other exercises in your bag of tricks then please let me know on snowboardtrainerapp@gmail.com

Thanks

Swissy alias Björn Aeschlimann