

Four stylized snowflake icons are scattered around the title. The title itself is written in a large, bold, black, sans-serif font.


FIT FOR WINTER 2019

THE BEST EXERCISE TIPS FOR A SUCCESSFUL WINTER WORKOUT

Idstein, August 2019 – Felix Klemme has developed some special fitness exercises for JACK WOLFSKIN for a full-body workout in the **Outdoor Gym**. After all, winter sports are physically demanding. A good level of fitness will improve your technical ability and reduce the risk of falls and injuries.

A hand-drawn style banner with a scalloped edge, containing the text 'OUTDOOR GYM' in a bold, sans-serif font.

OUTDOOR GYM

A photograph of a man and a woman running on a snowy mountain trail. The man is wearing a blue jacket and black pants, and the woman is wearing a pink jacket and black pants. They are both smiling and appear to be in good physical condition. The background shows a rugged mountain range with patches of snow under a clear blue sky.

A varied workout programme and exercise in the **fresh air** are an **ideal way to keep fit**. In view of the upcoming winter season and winter activities, the exercises have been specifically designed to strengthen the leg and core muscles. A good level of physical fitness also improves your technical ability, enhances the enjoyment of winter sports and reduces the risk of falls and injuries.

But keeping fit in the winter months is important for everyone. The exercises that make use of **your own body weight train all the muscle groups**. They aren't complicated and are easy to do outdoors.

JACK WOLFSKIN has developed **appropriate outfits** for exercising in winter conditions. The products are suitable for all fast-forward activities. They are nice and light and very breathable, while still offering the necessary insulation.

MEN'S TRAINING



CORE ROTATION

Strengthens the core muscles

This way to the exercise



Start in forearm plank. The whole body is engaged (especially the core and buttocks). Rotate your body alternately to the left and right.



PUSH-UP JACKS

Strengthens the core muscles and legs

This way to the exercise



Start in the push-up position, with your hands under your shoulders. The body should be long and the buttocks engaged. Step your feet out and in again.

Increase level of difficulty:
Jump your feet out and in again.



SQUAT JUMPS

Strengthens the legs

Start in a deep squat with your back straight and your gaze forward. Your arms should be stretched above your head, continuing the line of your upper body, and your knees should be behind your toes.

Then explode upwards, while bringing your hands down to tap your knees. Bend your knees to cushion your landing.

This way to the exercise



MEN'S TRAINING



LUNGE AND REACH
Strengthens the legs and improves stability

This way to the exercise



Start in a lunge, with both knees bent at 90° and your upper body upright. Touch your back heel with your left hand and your front heel with your right hand. Look towards your heel. Then switch sides.

Increase level of difficulty:
Do the exercise with your eyes closed.



DANCING CRAB
Strengthens the legs and core

This way to the exercise



Plant your feet and hands firmly on the ground. Your buttocks should be just above the ground and your torso upright. Lift each leg alternately, and touch the raised foot with the opposite hand.



SQUAT RISE WITH STICK
Strengthens the legs and torso

This way to the exercise



Stand with your knees bent in a squat and your torso stretched forwards, parallel to the ground. Hold the stick down near the ground and engage your arm muscles, as if pulling the stick apart, to increase muscle tension. Keep your arm muscles engaged throughout the exercise.

Stand up straight and raise your arms above and behind your head.

MEN'S OUTFIT



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- 1 HYDRO HOODED JACKET £ 100.00 2 SKY RANGE HALFZIP £ 45.00 3 ATMOSPHERE SHORTS £ 85.00
4 GRAVITY WINTER TIGHTS £ 75.00 5 REAL STUFF LOOP £ 16.00
6 CROSS TRAIL CLASSIC CUT £ 16.00 7 TRAIL INVADER SHIELD LOW £ 110.00

WOMEN'S TRAINING



SIDE PLANK STEP
Strengthens the core muscles


This way to the exercise 



Start in side plank with your left foot and left hand on the ground. Your body should be in a full stretch. Step your right foot over your left leg and back again, touching the ground briefly in between. Then switch sides.



LEG STRETCH
Strengthens the back of the leg, buttocks and spinal erector muscles


This way to the exercise 



Place your hands on a bench or rock for support. Your body should be in a full stretch. Lift one leg up straight behind you. Hold the stretch for about three seconds. Then switch sides



LEG SWING
Strengthens the legs and improves stability

This way to the exercise 



Stand firmly on one leg. Bend your arms and put your hands behind your head, actively pulling your elbows back. Swing your 'free' leg forwards and backwards as far as you can.

WOMEN'S TRAINING



SIDE BEND

Strengthens the core muscles

Start in an upright position. Stretch one arm over your head and the other towards the ground. Reach your top arm over to the opposite side.

Increase level of difficulty:
Do the exercise while holding a weight in your lower hand.

This way to the exercise



WRITE YOUR NAME, WITH STICK

Strengthens the legs and core muscles, improves stability

Stand firmly on one leg, holding the stick above your head with both hands. Actively stretch your arms behind your head while pulling the two ends of the stick apart. Your torso should be engaged. Write your name in the air with your raised foot. Then change sides.

This way to the exercise



STANDING STAR

Strengthens the legs and improves stability

This way to the exercise



Stand upright on one leg. Hold on to something for support if necessary. Raise the other leg out straight to the side and lift it as high as possible. Then switch legs.

Increase level of difficulty: Stand on tiptoe.

WOMEN'S OUTFIT



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- 1 HYDRO HOODED JACKET £ 100.00 2 SKY RANGE LONGSLEEVE £ 35.00 3 GRAVITY WINTER TIGHTS £ 80.00
4 DYNAMIC TOUCH GLOVE £ 35.00 5 REAL STUFF HEADBAND £ 10.00 6 TRAIL BLAZE CHILL LOW £ 90.00