



Get Ready to Ski!

Type of Exercise:
Sport Specific

Level: Easy - Hard

Equipment Needed: A resistance stretch tube, mattress, towel, objects for "gates"

Summer and fall have come and gone. The ski season is just around the corner! No worries, there's still time to get ready for the ski season! This routine is a basic, ski specific, preseason fitness program. It uses minimal equipment and doesn't require a huge time investment.

The goals of this routine are greater stamina, enhanced balance, and a stronger body. Completing this program should help you enjoy skiing more. Fitness may also help avoid injury.

Begin all your sessions with a warm up, followed by strength exercises, and end with a cool down and stretching phase. Warming up is important, and all too easy to want to skip! A proper warm up increases blood flow to the working muscles which results in decreased muscle stiffness, less risk of injury, and improved performance. A warm up also prepares you physically and mentally for your training.

Try this warm up routine that takes just five minutes:

- walk/jog in place for 2 min
- side steps (with arm raises) for 1 min.
- jumping jacks for 10 sec. – jogging 20 sec. – jumping jack 10 sec. – and so on for 2 min.

Tips for strength training:

- always use proper technique
- perform exercises slowly, using controlled movement
- breathe regularly
- Rest between sets for about 30-60 sec.

To cool down, walk or ride a stationary bike for 5 to 10 minutes. Don't forget to stretch thoroughly.

Exercises in This Program:

1-leg stand – For variation, try these ideas:

1-leg stand on unstable mat*

1-leg stand with closed eyes

1-leg stand with closed eyes on unstable mat

- knees and hips are slightly bent
- be sure the feet, knees, and hips are in alignment

1-leg 90 degree quarter jumps on unstable mat*

- stabilize as fast as you can
- switch sides

1-legged squats on unstable mat*

- stabilize hips (parallel to floor)
- bend knees ~60°

*To create an unstable surface you can use a mat or fold a bath towel. Remember, you must be

able to maintain proper technique!

Squats (without additional resistance/weight)

Variation: squats, with additional resistance/weight

- stand with feet hip distance apart
- bend knees and hips simultaneously to $\sim 90^\circ$
- weight is evenly divided over the feet (especially the middle of the foot)
- keep your back straight
- shoulders should always be over the middle of the foot from a side view
- extend/straighten leg to $\sim 10^\circ$ (knee remains slightly bent upon completion)

Hip lifts

Variation: hip lifts, 1-legged

- lay on your back, knees flexed
- lift until upper body is in line with thighs
- stop before butt touches floor

Hamstring curls with stretch tube attached to a securely, fixed object

- lay on your front, attach stretch tube to your ankle
- bend knee as far as possible without arching the lower back
- extend/straighten leg to $\sim 10^\circ$ (knee remains slightly bent upon completion)

Crunch: arms at side

Variation: Crunch: hands by the ears

Crunch: hands by the ears, legs up

- only lift head and chest until shoulders are off the floor
- lower down and stop before head touches floor

Diagonal arm-leg stretch

- Perform on all 4s (knees under hips and hands under shoulders)
- extend arm and opposite leg
- bring elbow and opposite knee together and vice versa
- look down throughout exercise to maintain good posture

Upper body lifts with arms at side

Variation: Upper body lifts, arms in front

- lay on your front
- lift upper body very slowly
- look down throughout exercise to maintain good posture

Plank

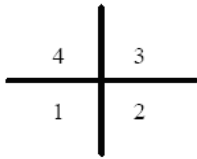
- lay on your front, hands together, elbows under your shoulders
- lift hips until the upper body is in line with legs
- breathe regularly throughout the exercise!

Slalom run

- make 5-10 "gates" (distance 6-9 ft.)
- take short side steps as fast as possible to get from one gate to another
- use a ski specific position when going around curves
- the length of run can be extended for more challenge

Square jumps

- jumping with both feet
- go from square 1 to 3 to 2 to 4 and back to 1



Parallel jumps (optional obstacle: a rolled up bath towel to increase difficulty)

- jump with both feet from left to as far right as possible (but don't fall!)
- stabilize upper body

Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

	Explanation of Goals and Exercise Routines	Estimated Time	Check if completed ✓
Week 1	Welcome to your ski training! Skiing is very dynamic and requires lots of core strength and stabilization. Get comfortable with these exercises and focus on using good form throughout all exercises.	120 min	
Day 1/2/3	1-leg stand: ea. 2 x 7 sec Squats (without additional resistance/weight): 2-3 x 15 reps Hip lifts: 2-3 x 15 reps Crunch: arms on side: 2-3 x 15 reps Diagonal arm-leg stretch: ea. 2-3 x 15 reps Slalom run: 3 x 20-40 sec	40 min	
Week 2	OK you're getting into your ski training routine. The exercises this week are the same as last week. Be confident in your movements. Use excellent form. Stay in control.	135 min	
Day 1/2/3	1-leg stand on unstable mat: ea. 2 x 7 sec Squats (without additional resistance/weight): 2-3 x 20 reps Hip lifts: 2-3 x 20 reps Crunch: arms on side: 2-3 x 20 reps Diagonal arm-leg stretch: ea. 2-3 x 20 reps Slalom run: 4 x 20-40 sec	45 min	
Week 3	You're making progress! This week we're adding some exercises. Get familiar and comfortable with them. As you are training, think about how the exercises apply to skiing. See yourself out on the slopes skiing with more strength, stability, and power!	135 min	
Day 1/2/3	1-leg stand with closed eyes: ea. 2 x 7 sec Squats (with additional resistance/weight): 2-3 x 12 reps Hip lifts, 1-legged: ea. 2 x 12 reps Crunch: hands hold ears: 3-4 x 12 reps Upper body lifts: ea. 3-4 x 12 reps	45 min	

	Square jumps: 3 x 20-40 sec		
Week 4	Excellent job! You're ski training has become a regular part of your life. Be proud of yourself for making the time to train and putting in the effort to get in shape. Keep it up!	135 min	
Day 1/2/3	1-leg stand with closed eyes on unstable mat: ea. 2 x 7 sec Squats (with additional resistance/weight): 2-3 x 15 reps Hip lifts , 1-legged: ea. 2 x 15 reps Crunch: hands hold ears: 3-4 x 15 reps Upper body lifts: ea. 3-4 x 15 reps Square jumps: 4 x 20-40 sec	45 min	
Week 5	You've been consistent with your training and getting stronger. Great! To change things up, there are some challenging exercises included in this week. Be really aware of your form and alignment. Don't get hurt!	135 min	
Day 1/2/3	1-legged quarter jumps on unstable mat: ea. 2 x 4 reps Squats (with additional resistance/weight): 3-4 x 8 reps Hamstring curls: ea. 3 x 8 reps Crunch: hands hold ears, legs up: 3-4 x 12 reps Upper body lifts, arms in front: ea. 3-4 x 12 reps Plank: 2 x 12 sec Parallel jumps: 3 x 20-40 sec	45 min	
Week 6	Can you hear the snowy slopes calling your name? Your ski season is going to be much better because you did ski-specific training. Continue your training to be at your best when skiing!	135 min	
Day 1/2/3	1-legged squats on unstable mat: ea. 2 x 5 reps Squats (with additional resistance/weight): 3-4 x 10 reps Hamstring curls: ea. 3 x 10 reps Crunch: hands hold ears, legs up: 3-4 x 15 reps Upper body lifts, arms in front: ea. 3-4 x 15 reps Plank: 3 x 12 sec Parallel jumps: 4 x 20-40 sec	45 min	