

FIT TO SKI

PART 2

BETTER SKIING STARTS WITH BETTER FITNESS AND PRE-SEASON TRAINING IS THE WAY TO YOUR BEST WINTER EVER. THIS ISSUE TARGETS THE LOWER BODY AND CHALLENGES STABILITY AND BALANCE TO HELP PREVENT INJURY AND INCREASE AGILITY.

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FITNESS MODELS:

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PHOTOS: WALLY STEINBERGER



1

SQUAT WITH ARM EXTENSION

Start with feet a little more than shoulder width, holding a lightweight medicine ball at chest height. Lower into a squat, keeping chest up and shoulders back while extending the arms forward. Return to standing. 10 reps

► This workout should be done as a circuit, starting with 1-2 times through and building to 3.



2

STABILITY BALL HAMSTRING CURL

Lie on a mat with feet on the ball, hips off the ground and shoulders on the floor. Use your feet to roll the ball in toward you until you feel a squeeze in the hamstrings, then roll the ball back to start position. 8-10 reps



3

LUNGE WITH A TWIST

Start with feet shoulder width apart, holding a medicine or stability ball. Step backwards into a lunge then twist at the waist, turning the ball toward the side. Alternate sides. 10-12 reps

4

BOSU LATERAL SQUAT TAP

Stand with one foot on a Bosu ball, keeping the ball's flat side down. Lift foot from the floor onto the ball, then tap your other foot to the floor. Option: hold a medicine ball at chest height. 10-12 reps



Ski Workout

Lei Huang

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Lei Huang'.

Ski Workout:

Adopting the Track of Term: An Emotional Symphony within **Ski Workout**

In a world eaten by screens and the ceaseless chatter of fast interaction, the melodic beauty and mental symphony developed by the prepared word frequently disappear into the back ground, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, situated within the pages of **Ski Workout** a wonderful fictional prize filled with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this captivating masterpiece conducts viewers on a psychological trip, well unraveling the concealed melodies and profound impact resonating within each cautiously crafted phrase. Within the depths of the emotional analysis, we shall explore the book is key harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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