

# 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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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

**Guillaume Favre**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name bar.

## **Ski Workout:**

## Whispering the Strategies of Language: An Mental Quest through **Ski Workout**

In a digitally-driven earth wherever monitors reign supreme and immediate interaction drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases frequently get unheard. Yet, set within the pages of **Ski Workout** a captivating literary value pulsating with fresh emotions, lies an extraordinary journey waiting to be undertaken. Composed by an experienced wordsmith, that charming opus invites viewers on an introspective trip, delicately unraveling the veiled truths and profound affect resonating within ab muscles fabric of each word. Within the emotional depths of this emotional evaluation, we can embark upon a sincere exploration of the book is primary themes, dissect their captivating publishing model, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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