

# 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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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 Shi**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, positioned to the right of the name 'Lei Shi'.

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