

FIT TO SKI PART 3

BY MARCY VERBURG PHOTOS: WALLY STEMBERGER

Let's take it up a notch as we head into ski season. Adding power and explosive moves to your routine will prepare you for runs that need quicker reaction time. Combined with balance drills, these exercises will help you dance on the snow.

This circuit workout can be repeated 1-3 times with a rest period of up to 30 seconds between each exercise—longer if you are new to this type of training. Be sure to warm up before starting.

1

SANDBAG SQUAT

Start with feet shoulder width apart, holding a sandbag at chest height. Push hips back into a squat position, keeping your weight mostly on the heels. Push hips forward and up to a standing position. Repeat 8-12 times. Note: try this with ski boots on but keep the weight lighter.



2

ONE-LEG DEADLIFT

Stand on a Bosu ball with both feet and slide one leg behind you. Bend forward keeping hips and shoulders square. With a strong standing leg and tight core, return to standing. Use arms for balance. Repeat 8-12 times per leg.



3

TRX LUNGE

Face the TRX, holding straps at chest height. Lift one leg and allow the hips to push backwards until your foot almost touches the floor. Keeping your foot off the floor, return to standing. Repeat 8-10 times per leg.



4

WALKING PLANK

Place a mini band around both wrists and "walk" out on your hands into a plank position to start. Walk hands to the right with 4 small steps, keeping pressure on the band. Repeat walking left. Do 4-6 sets.



Ski Workout

Ying-Ying Zheng



Ski Workout:

Ski ,1996-09 **The Men's Health Guide To Peak Conditioning** Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear **Ski** ,2006-06 **Ski** ,1988-01 **Skiing** ,1992-02 **The Women's Health Big Book of 15-Minute Workouts** Selene Yeager,Editors of Women's Health Maga,2011-10-25 Time is every woman s most precious commodity and a lack of it is the number one reason in survey after survey that women give for why they don t exercise But research now shows that as little as 15 minutes of resistance training is just as effective in spiking one s metabolism as a workout lasting more than twice as long All it takes is 15 minutes to achieve lifelong results and women are more likely to stick to an exercise plan if it s chopped down to those 15 minutes The Women s Health Big Book of 15 Minute Workouts is both an introduction to the fundamentals of short workouts and a comprehensive collection of hundreds of the most effective ones These workouts have been designed for every fitness goal from total body conditioning to targeting trouble spots with exercises like the 15 Minute Flat Belly without a Single Crunch Workout Other highlights include an eating plan with delicious meals that take 15 minutes or less to prepare workouts for when you re stuck in traffic or traveling and can t make it to the gym hundreds of tips from America s best trainers nutritionists and exercise scientists **Ski** ,2011-06 **101 Cycling Workouts** David Ertl,2009-09-01 Whether you are a recreational cyclist a bicycle racer or a triathlete 101 Cycling Workouts is a must have guide to help take your cycling to a new level Rejuvenate and refresh your cycling training with a wide variety of workouts you ve never thought of before Add challenge to your training by trying new workouts that will develop you into a better and more fit cyclist These workouts will add depth to your training by working on all the physiological systems of a complete cycling training program including endurance aerobic and anaerobic fitness strength speed and power Additional non cycling workouts and gym workouts are included to supplement your training on the bike Use these workouts to train harder smarter and more efficiently by making the most of your vital training time **Ski** ,1991-09 **Ski** ,2001-10 **Skiing** ,1992-01 **Ski** ,2004-11 **Ski** ,1991-09 **Ski** ,2005-03 **Ski** ,2007-11 **The Men's Health Big Book of 15-Minute Workouts** Selene Yeager,Editors of Men's Health,2011-10-25 Presents a reference guide of exercise for men including 433 exercises for eighty five fifteen minute workouts provides an eating plan with quick meals and offers workouts that can be done when away from home **Ski** ,1996-08 **Ski** ,1986-04 **Ski** ,2005-05 **Ski** ,1994-05

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