

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

SJ Ball



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