

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

Ying-Ying Zheng



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Table of Contents Ski Workout

1. Understanding the eBook Ski Workout
 - The Rise of Digital Reading Ski Workout
 - Advantages of eBooks Over Traditional Books
2. Identifying Ski Workout
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ski Workout
 - User-Friendly Interface
4. Exploring eBook Recommendations from Ski Workout
 - Personalized Recommendations
 - Ski Workout User Reviews and Ratings
 - Ski Workout and Bestseller Lists
5. Accessing Ski Workout Free and Paid eBooks

- Ski Workout Public Domain eBooks
 - Ski Workout eBook Subscription Services
 - Ski Workout Budget-Friendly Options
6. Navigating Ski Workout eBook Formats
 - ePub, PDF, MOBI, and More
 - Ski Workout Compatibility with Devices
 - Ski Workout Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ski Workout
 - Highlighting and Note-Taking Ski Workout
 - Interactive Elements Ski Workout
 8. Staying Engaged with Ski Workout
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ski Workout
 9. Balancing eBooks and Physical Books Ski Workout
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ski Workout
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Ski Workout
 - Setting Reading Goals Ski Workout
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Ski Workout
 - Fact-Checking eBook Content of Ski Workout
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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