

Which muscles do what when we ski?

9
Your core helps maintain your structural alignment and protects your spine

3
Biceps, triceps and lats are used when "poll-ing" on the flat or up hill

6
To keep you in the forward position your back is under constant strain

2
Obliques keep lower body / upper body separation

8
Outer thighs help you steer and keep your body stable

4
Glutes and hamstrings stabilise your body downhill

5
Quads hold you in position and provide protection for your knees

7
Inner thighs keeps your skis together

1
Calves are under constant strain because of the forward flexion built into ski boots



Skiing Is For Me

Thirumalaisamy P.
Velavancorresponding

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this fast growing sport *Skiing* ,2002-09 Skiing ,1987-11 **Skiing** ,1972-11 **Ski** ,1998-02 Skiing ,1991-12
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