

# 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.

BY MARCY VERBURD, FITNESS & NUTRITION COACH, SNAP FITNESS

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ALYNULMEYER, ALPINE CANADA TEAM MEMBER

DUSTIN TITUL, NSWC MASTER COACH DEVELOPER/AMATEUR ATHLETE

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

**Padhraic Smyth**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## **Ski Workout:**

Ski Workout: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the fascinating narratives that have enthralled audiences this year. Ski Workout : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Ski Workout : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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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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