

# 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

**Minjie Lin**



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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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