

# 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

**Wenbin Ji**



## **Ski Workout:**

**Ski** ,1996-09     *Ski* ,2006-06     *Skiing* ,1992-02     **Ski** ,1988-01     **101 Cycling Workouts** David Ertl,2009-09-01  
Whether you are a recreational cyclist a bicycle racer or a triathlete 101 Cycling Workouts is a must have guide to help take your cycling to a new level Rejuvenate and refresh your cycling training with a wide variety of workouts you ve never thought of before Add challenge to your training by trying new workouts that will develop you into a better and more fit cyclist These workouts will add depth to your training by working on all the physiological systems of a complete cycling training program including endurance aerobic and anaerobic fitness strength speed and power Additional non cycling workouts and gym workouts are included to supplement your training on the bike Use these workouts to train harder smarter and more efficiently by making the most of your vital training time     *Ski* ,2011-06     *Skiing* ,1992-01     **The Women's Health Big Book of 15-Minute Workouts** Selene Yeager,Editors of Women's Health Maga,2011-10-25 Time is every woman s most precious commodity and a lack of it is the number one reason in survey after survey that women give for why they don t exercise But research now shows that as little as 15 minutes of resistance training is just as effective in spiking one s metabolism as a workout lasting more than twice as long All it takes is 15 minutes to achieve lifelong results and women are more likely to stick to an exercise plan if it s chopped down to those 15 minutes The Women s Health Big Book of 15 Minute Workouts is both an introduction to the fundamentals of short workouts and a comprehensive collection of hundreds of the most effective ones These workouts have been designed for every fitness goal from total body conditioning to targeting trouble spots with exercises like the 15 Minute Flat Belly without a Single Crunch Workout Other highlights include an eating plan with delicious meals that take 15 minutes or less to prepare workouts for when you re stuck in traffic or traveling and can t make it to the gym hundreds of tips from America s best trainers nutritionists and exercise scientists     *Ski* ,2004-11     **Ski** ,2001-10     **The Men's Health Guide To Peak Conditioning** Richard Laliberte,1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear     **Ski** ,2007-11     **Ski** ,2003-12     *Ski* ,1999-10     **Ski** ,2005-03     **Ski** ,1996-08     **Ski** ,1994-05     **Ski** ,1986-04     **Ski** ,2001-10     **Ski** ,1991-09

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