



SHORT TURNS

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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PHOTO: NADYL'S TEHRINGER



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. 10-15 reps

2 This workout should be done as a circuit, starting with 1-2 times through and building to 3.



2

STABILITY BALL HAMSTRING CURL

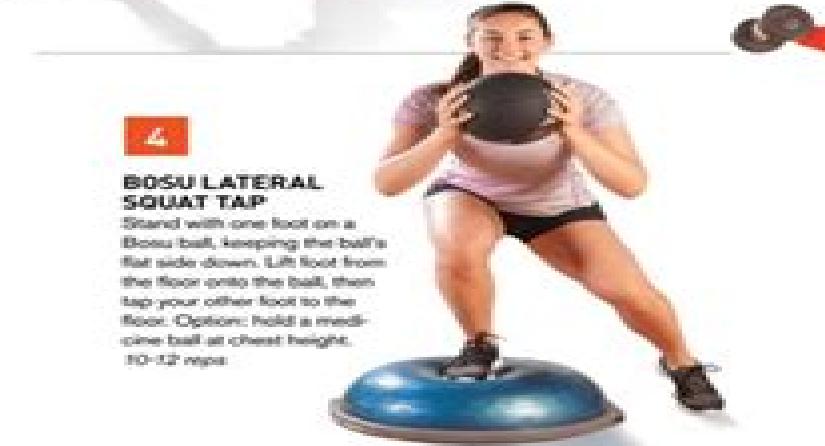
Lie on a mat with feet on the ball, hips off the ground and shoulders on the floor. Use your feet to roll the ball in toward you until you feel a squeeze in the hamstrings, then roll the ball back to start position. 8-10 reps



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

Carol Poster

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