



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.

BY MARCY VERSBURG, FITNESS & NUTRITION COACH, SHAP Fitness  
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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

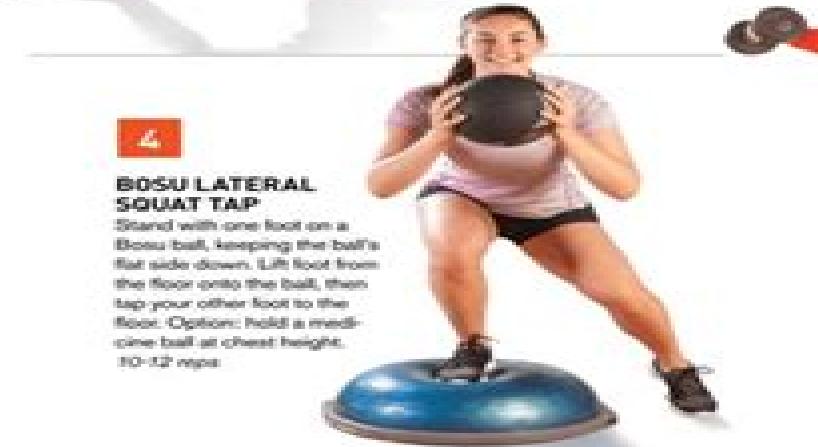
Lie on a mat with feet on the ball, hips off the ground and shoulders on the floor. Use your feet to roll the ball in toward you until you feel a squeeze in the hamstrings, then roll the ball back to start position. 8-10 reps



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

**Minjie Lin**

## Ski Workout:

**Cross-country ski training** Them Entor,2023-12-09 The snow covered expanses are calling and cross country skiing is more than just a sporting activity it's a dance with nature Cross Country Ski Training Tips for Beginners and Intermediates guides you through the fascinating world of cross country skiing whatever your current ability From the right technique and equipment to specific training plans and nutrition tips this book is your comprehensive companion Discover the joy of criss crossing the winter landscape and improve your technique and endurance step by step **Skiing**,1992-01 **Skiing**,1992-02

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David,Iannucci, Susan,Redfern, Jon,1988 **Ski with Yoga** Arne Leuchs,Patricia Skalka,1976 **The Professional Ski Instructors of America Present Cross-country Skiing Right** William Hall,Professional Ski Instructors of America,1985

**Ski Faster, Easier** Lee Borowski,1986 **Fitness and Exercise Sourcebook** Kristen M. Gledhill,2001 Basic consumer health information about the fundamentals of fitness and exercise including how to begin and maintain a fitness program fitness as a lifestyle the link between fitness and diet advice for specific groups of people exercise as it relates to specific medical conditions and recent research in fitness and exercise along with a glossary of important terms and resources for additional help and information **The Complete Guide to Cross Country Skiing in Canada** John Peaker,1986

## Adopting the Tune of Appearance: An Psychological Symphony within **Ski Workout**

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and joseph in the rear 3 he himself went on ahead and bowed down to the ground seven times as he appr

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web he was the first of the two sons of jacob and rachel jacob s twelfth named child and eleventh son he is the founder of the israelite tribe of joseph his story functions as an explanation for israel s residence in egypt

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web the story focuses on esau s loss of his birthright to jacob and the conflict that ensued between their descendant nations because of jacob s deception of their aged and blind father isaac in order to receive esau s birthright blessing from isaac

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