

Top Six Ski Exercises to get you ripping into this season!

by Kirsty Exner

Balance: *Athletic ready-stance on unstable surface*

Stand in an athletic stance with your knees and elbows slightly bent, chest lifted, core engaged, and balance on an unstable surface (ie: cushion, wobble board or bosu ball) and hold.

Progression:

Try this same exercises with eyes closed and/or a single leg balance.



Agility and Anticipation: *Rock-Root-Puddle Hopping*

Run your favourite North Shore hiking trail (ie. Lynn Creek) and leap from rock to rock, root to rock, and/or across puddles. Roots and rocks can be slick, so step carefully!



Power and Endurance: *The Wall Squat Hold*

This is perfect for the thighs, butt, and hamstrings. All three of these muscles are used every time you get into a tuck when racing to get back up on the chairlift.

Slide yourself down the wall until your thighs are parallel to the ground and hold for 30 seconds to 3 minutes.

Progression with single leg squat:

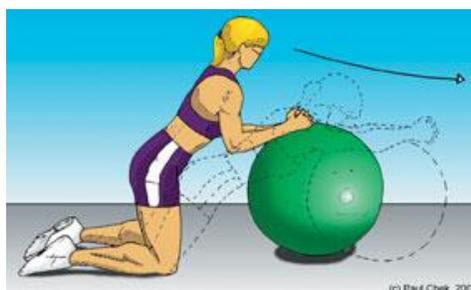
Using two ski poles for balance, stand on one foot, lower yourself down until your thigh is parallel to the ground, hold 5-30sec, and then raise yourself slowly. As your hamstrings strengthen, you can drop the poles and step away from the wall.



Core Strength: *Forward Ball Roll*

This exercise will work multiple muscle groups and joints at one time, such as the back, trapezius, triceps, and abdominal muscles. It will help you keep your torso erect, and also aid with poling and moving your shoulders to keep balance.

- Kneeling behind the ball, place your forearms on the ball.
- Inhale and draw your belly button inward.
- Roll forward with simultaneous motion at the hip and shoulder joints. Only go as far as you can while holding perfect spinal alignment. At no time should you feel any pressure in your lower back, nor should your head drop down.
- Hold for the prescribed number of seconds and then roll backward, breathing out through pursed lips as you come back.



Progression:

Try shifting the weight to one leg as you roll forward, changing from one leg to the other with each repetition.

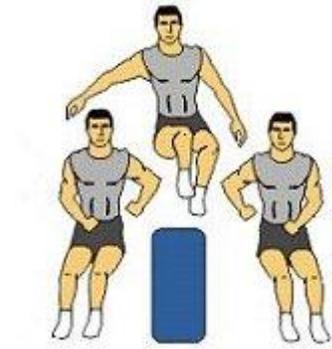
Anaerobic Cardio: *Bunny Hops*

This is a great exercise to build more strength in your legs and will increase the body's ability to respond quickly to greater loads

- Use a rope to form a line on even ground
- Keep your body centred over the line
- Jump to either side of the line with your feet approx. shoulder width apart

Progression:

Increase the height of the rope (or box) you are jumping over



6. Eccentric Loading: *Hike Downhill*

Fill a backpack with heavy objects and hike or jog downhill in order to simulate skiing's eccentric loading (i.e., lengthening quadriceps muscles as you lower into a squat-like position). This is the closest specific exercise you can do to skiing because you are moving both forward and laterally with increased force. You can use ski poles to distribute your weight more evenly, thereby decreasing the amount of direct force on your knees.

Progression: increase the angle of decline you are running down, ie: down the BCMC trail from top of Grouse Grind!



THE SKI-FIT EXERCISE PROGRAM

EXERCISE	INTENSITY	HOLD	REPS	TEMPO	SETS
Balance	n/a	3-10 sec	10	slow	1
Rock-root-puddle hop	1-2lb ankle and wrist weights	n/a	n/a max	moderate	n/a
Wall squat hold	Add 5-10lb bicep curl	30sec- 3min	1	n/a	2
Forward Ball Roll	Progress from knees-toes	3 sec	10-15	333	2
Bunny hops	1-2lbs ankle weights	Rest 30 sec btw sets	30	4x's/wk	3
Hike Downhill	20-30lbs in backpack	n/a	30 min	moderate	Once/wk

NOTES:

1. A moderate tempo is 70-80% of race pace.
2. A slow tempo is a 1-2-3...10 up and 1-2-3...10 down count.
3. 333 = Roll the ball out for a count of 3, hold for a count of 3, and return to the starting position for a count of 3.