

HOW TO GET READY FOR YOUR SKI TRIP



Isn't getting back on the slopes just as easy as riding a bike? Well, yes and no. Your body may remember how to get down the hill without falling, but what your body doesn't remember is what muscles we use to get perform that task. Those muscles may have been in hibernation since your last ski trip and need some waking up. Here are a set of 6 exercises to get you ready for your downhill adventure.

Recommendation: 2 sets of each exercise, 10-12 repetitions with appropriate weight.



LEG PRESS:

Put both legs up on leg press stand, a little wider than shoulder width apart. Keep them both up there through the entire exercise. Alternate legs in which you put all of the weight on. This helps mimic the weight transfer when skiing.

2 sets
6-8 repetitions per leg



BALL SQUATS PUMPS:

Hug Physio Ball between legs. Keep the weight light. Squeeze ball with knees and inner thighs while performing squat pumps.

2 sets
10-12 repetitions



SIDE TO SIDE HOPS
FRONT TO BACK HOPS:

Find a line to jump over in an open area. Jump over the line front to back with your arms UP as quickly and safely as you can. Then continue with jumping side to side with your arms UP as well.

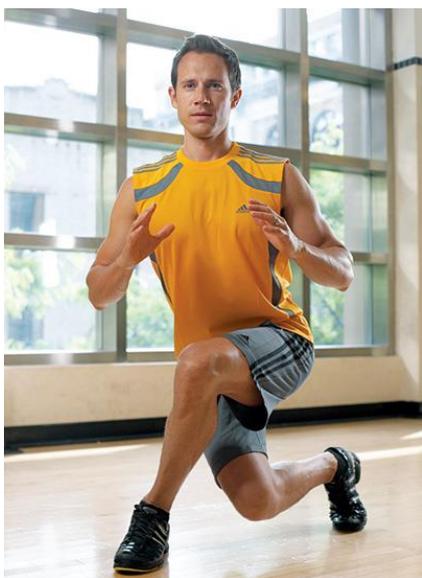
2 sets
 30-45 repetitions (front and back is one; side to side is one)



SINGLE LEG INVERTED HAMSTRING:

Start with feet together and arms out like an airplane. Balance on one foot while you bring your torso down to the ground and bring your back leg up from the ground. Keep head in a neutral position. The leg that you are standing on will have a slight bend in the knee.

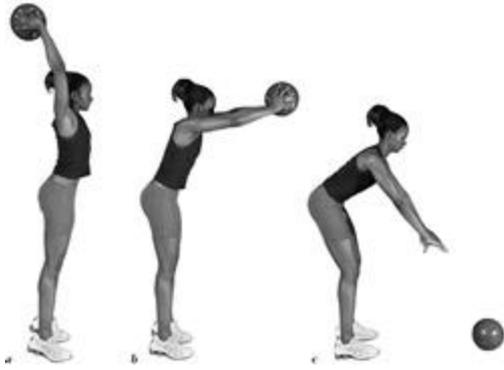
2 sets
 10-12 per leg



DROP SIDE LUNGE:

Start with feet together. Drop one leg behind and to the side of you. Hold lunge for a 2 second count. Bring legs back together. Take the opposite leg and perform the same lunge.

2 sets
 10-12 per leg
 Weighted if possible



MEDICINE BALL SLAMS:

Stand with feet shoulder width apart, knees slightly bent with a non-bounce medicine ball. Throw the ball down to the ground in front of your feet with as much force as you can. Exhale during the movement and contract the abs. Bend down to retrieve the ball. Pick the ball back up and repeat.

2 sets
12-15 repetitions