

Fitness for Skiing 😊

Warm up

Make sure you start with aerobic activity. Increase the heart rate before you start. Dynamic stretches and mobility exercises will help you perform these exercises more easily.

Exercise	Technical Points	Number of reps/sets		
Lunges	Toes forward 90 degrees at the knees Shoulders to the ceiling	8/2	10/2	8/3
Plank	Line from shoulders, hips, ankles Squeeze through legs, glutes and abdominals	30 secs/2	45 secs/2	1 min/2
Squat jumps	Knees over toes Backs straight & shoulders to ceiling Explode to ceiling	8/2	10/2	8/3
Star Jumps	Powerful movement Strong arms	25/2	30/2	25/3
Squat thrusts	Hips low Shoulders down No dragging	10/2	12/2	10/3
Leg extensions	Knees bent at 90 degrees Palms to floor Keep feet lifted and away from floor	12/2	14/2	14/3
Kick backs	Wide feet Heels to bottom Body still	30/2	40/2	30/3
Trunk rotations	Maintain contraction in abdominals Twist from waist Contract through arms also	8/2	10/2	8/3

Stretching after your work out will be important. Hold your stretches for longer (count to 30) and use this time for relaxation.