

# 3 MOVES

## to Get You Ready for Ski and Snowboard Season

**S**uccess in skiing and snowboarding requires a solid level of conditioning and mastery of certain skills, including balance and agility. To better prepare you for the upcoming season, add these three basic exercises to your training regimen.

### Muscular Conditioning: Wall Squat

Stand against a wall with feet shoulder-width apart and pointed straight ahead.

Slowly lower your body toward the floor into a sitting position by walking your feet forward.

**ALWAYS** ensure that your knees are positioned directly over your ankles (never allow the knees to move ahead of the ankles).

Lower yourself until your thighs are parallel or as close to parallel to the floor as possible.

Extend your arms to your sides and bend the elbows so your hands are pointing toward the ceiling.

Attempt to rest your head, arms and the backs of your hands against the wall.

Hold for 15 to 30 seconds or until you feel fatigue in your thighs.

Repeat five times with one minute of rest between each set.

*Increase the challenge by:*

1. Holding the squat for longer periods.
2. Lowering yourself closer to the floor.
3. Holding 2- to 5-pound weights in each hand.



### Agility Exercise: Zig-Zags

- Place 10 cones (or any available markers) in a straight line at 1-yard increments on a flat, solid, non-slippery surface.
- Start on the right side of the first cone with both feet together.
- Step diagonally across to the left side of the second cone with your left foot, bringing the right to meet it.
- Continue by stepping diagonally with the right foot to the third cone, bringing the left foot to meet it.
- Continue this zig-zag pattern through all cones as fast as possible; repeat five times.

*Increase the challenge by shortening the distance between each cone.*



### Balance Exercise: Stork Stand

Stand with both feet together. While contracting the muscles of your torso, slowly lift one leg, bending your knee until your thigh is parallel to floor.

If necessary, spread your arms out from the sides to help balance your body.

Hold this position for 10 seconds, lower the leg to the floor and repeat on the opposite side.

Perform five repetitions per side.

*Increase the challenge by adding one of the following:*

1. Slowly moving the lifted leg backwards (slow donkey kick).
2. Closing your eyes.
3. Slowly rotating your torso both ways while balancing.
4. Holding a 2- to 4-pound weight (medicine ball) in one arm.

