

## Get in Shape for Skiing!

Well it's November. Shorter days, longer nights, cold, gray skies and this can only mean one thing.....snow is on the way and along with the snow is .....SKIING! If you are anything like me you do not get depressed and sad in the winter time because you are excited for those days where we get dumped on with snow followed by a bluebird day on the slopes. The only thing that can mess this up is....weak, tired legs, poor endurance, and a sore back. Lucky for you I have the solution. Exercise. Yep good, old-fashioned exercise. No two ways about it. But which exercises should I do to get myself in shape for ski season. The answer, leg and back exercises, core exercises and plyometrics, (ouch). You want to last all day don't you? Of course you do so here are some of the exercises to get you started.

1. Balance Lunge
2. Squat X-Press
3. Squat Jump
4. Lat Pull Down

**The Balance Lunge** goes like this: Place one foot on a chair and lunge the other foot outward in front of you. Balance on the front leg. Be sure to keep your knee over your ankle. Lunge or bend the front leg as far as you can comfortably go. To intensify add weights. Pick a weight that you can safely perform WITH GOOD FORM for 15 repetitions. Repeat on each leg for 2 Sets. This exercise builds balance and leg strength.

**The Squat X-Press** goes like this: Holding light weights (or a theraband/tube) start with your feet wider than your shoulder width and toes slightly pointed out. Go into a squat position with the chest and head up and forearms on the thighs. As you stand up raise weights overhead into a wide shoulder press so your body forms an "X". Simple right. 15 reps 2 sets. This exercise builds core strength.

**The Squat Jump** goes like this: With your feet parallel and shoulder distance apart, slowly in a 4 count ease into the bottom of a squat. At the lowest point of the squat quickly EXPLODE up, leaping off the ground. Land softly and repeat for 30 seconds. Come on you can do anything for 30 seconds. Repeat for 2 sets. This exercise builds strength, power, endurance and balance.

**The Lat Pull** goes like this: Grab the Lat Pull bar at any position you like, wide grip, narrow grip standard width, underhanded, etc. Pick a weight that you can safely pull for a maximum of 15 repetitions to the level of your chin. Problem...I don't have a lat pull machine. Solution - join UPPT and "poof" now you do or get a piece of theratube and modify. This is a good exercise to strengthen your back.

These are just a few exercises to get you started. If you like this article let me know and I will give you countless more suggestions to get yourself ready for skiing this winter. See you on the slopes!

Warm regards:

Jay