

4 ski exercises to get you pumped for the snow!

Do these exercises every second day for 2-4 weeks leading up to your trip. Increase the time/intensity of each exercise as you get stronger. Remember you want to well and truly be feeling the burn after every exercise!

1. Bunny hops:

3 sets of 30 hops (or up and back 3 times) with a 30 second break.

Keep your body centred over the line and feet tightly pressed together. Keep your hops short and close to the line, but not on it.



2. Travelling lunges:

3 sets of 12 travelling lunges with a little mini lunge in the middle.

Drive through the heel on the front leg and use your butt muscles on the front leg to propel you forwards. Pause in the upright position to secure your balance before you take the next step. Breathe out on the way up.



3. Squats:

3 sets of 12 squats.

Feet shoulder width apart. Arms across shoulders (unless you are using a bar) and sit your butt backwards. Remember your knees should not track beyond the line of your toes. Draw your belly button in and keep your back straight. Keep your eyes straight and don't look down.



4. Wall sits:

Hold until you fall over! Start with about 60-90 seconds.

Feet shoulder width, back flat against the wall (including your head). Your butt should be just higher than your knees. You will improve your muscle endurance very quickly so be sure to increase the time spent holding about 30 seconds every 2 days.

