

# **SKIING FITNESS AND CONDITIONING EXERCISES**

by Dr. Nick Fourie

Exercises and conditioning should not be ignored. Skiing for most people is a recreational sport, for this reason most people are poorly prepared prior to their skiing, and usually pay the price of sore muscles, reduced time on the slopes, and injury.

Ideally you should attend conditioning classes, but unfortunately we cannot all make it to these classes.

I used my experience of working as personal trainer, athletic trainer, and being a chiropractor, to draw up a program that you can do at home. All you need is a Swiss exercise ball, a rubber stretch band (which can both be purchased at Wall-Mart) and a willingness to prepare yourself.

Most injuries occur in the afternoon of the first two days. The following exercises will hopefully aid you to enjoy your time on the slopes. If you have any questions please do not hesitate to call me at Flying Hills Chiropractic 610-603-0280.

Your program should start ideally 8 weeks prior to your time on the slopes, but it is never too late. Start by doing 1 set of 10 reps per exercise. The following day do 2 sets of 10 reps. Take a day off. On your third day of exercise, attempt 3 sets of 10 reps per exercise. Expect some muscle soreness and stiffness, in the beginning. If any of these exercises cause you any pain stop immediately.

Aim to do 3 sets of 20 reps 3 times per week. Stretch after the exercises, when your muscles are warmed up.

You should also aim to do some form of aerobic training along with the exercises. Skiing is a sport that has periods of moderate to high levels of performance, followed by periods of rest. Examples of aerobic equipment are treadmills, static training bikes, steppers or skiing machines. Your interval training should consist of 5 minutes at an easy level followed by 1 minute at a hard level.

If you experience anything during these exercises that you are uncomfortable with, stop immediately.

Some of the exercises are more difficult, do the ones that you are comfortable with, good luck.



START

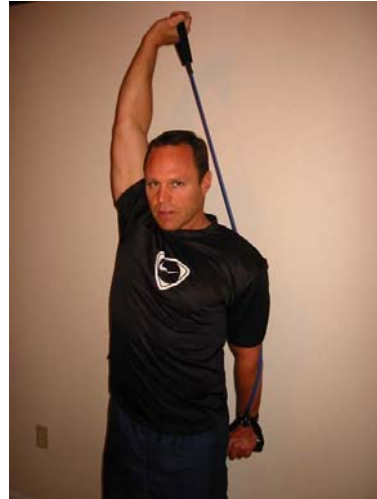


END

BICEP CURLS: Keep elbow tucked in your side, only bend at the elbow.



START



END

TRICEP EXTENSION: Keep elbow still, only bend at elbow.



START



END

**STANDING ROW:** Place band around a pole. Pull your elbows back, pinching your shoulder blades together.



START



END



FIG.3

**PUSH-UPS:** Keep your body straight, hands shoulder width apart. If you find it difficult to do, place your knees down and do the push-ups that way (Figure 3).



**START**



**END**

**SHOULDERS (DELTOID):** Raise your arm away from your body with your elbow slightly bent.



**START**



**END**

**ABDOMINALS/ TRUNK /STABILIZER EXERCISE:** Sit on the front edge of the ball, place your feet comfortably apart, if necessary you can push the front tip of your feet against a wall to stabilize yourself. Lean back until your back is flat and then return to the seated position. Keep your hands on your chest.



**START**



**END**

**TRANSVERSE ABDOMINALS:** Support yourself against a wall, bend laterally at the waist. You will find that you feel unstable on the ball, balancing yourself on the ball and doing the exercise at the same time, improves your core strength, which aides your stability and balance on the slopes.



**START**



**END**

**LOW BACK:** Start by leaning forward over the ball, raise your head until your spine is straight, do not over extend your back. You can also support your feet against the wall.



**START**



**END**

LUNGES: Step forward, land with your foot flat, and push back to the standing position.



**START**



**END**

SIDE LUNGES: Step to the side, and push back to the standing position.



**START**



**END**

**SIDE JUMPS:** Jump side to side, pushing off with the outside foot, keep your hips low, and knees bend.



**START**



**END**

**SQUATS:** Bend knees to 90 degrees and stand back up, while standing on the rubber band.



**START**



**MID**



**END**

SQUAT JUMPS: from the squat position, jump upwards.



**START**



**END**

**ADDUCTORS:** Loop the band around your leg, place the other end around a leg of a table or in a door. Pull your foot across in a sweeping motion.



**START**



**END**

**ABDUCTORS:** Loop the band around your leg, stand on the other end. Pull your foot to the side, away from the grounded foot.



**START**



**END**

**CALF RAISES:** Use a step, hold on to the railing, and raise and lower your heel in a controlled manner.

Please call me if you have any questions. Dr Nick Fourie 610-603-0280