

SKI STRENGTH TRAINING



INSTRUCTIONS

Doing the following exercises will really help prepare your muscles for the upcoming ski season. Perform 2 sets of each exercise. If you already follow some sort of training regimen, you can add these to your daily routine for some extra strength and stability. Make sure you check out our full blog post on how to prepare for ski and snowboard season.



CORE AND STABILITY

1. DB LUNGE

Perform 12 repetitions on each leg.



2. DB LATERAL LUNGE

Perform 8 repetitions on each leg.



3. SINGLE LEG GLUTE BRIDGE

Perform 8 repetitions on each side.



4. CB LATERAL WALK

Perform 40 repetitions; 20 to the right and 20 to the left.



5. SINGLE LEG RDL

Perform 8 repetitions on each side.



6. SIDE LYING LATERAL LEG RAISE

Perform 30 repetitions on each side.



MUSCLE ENDURANCE

7. WALL SIT

Perform 3 sets of this exercise, holding each one for 30 seconds.



8. SINGLE LEG SQUAT

Perform 8 repetitions on each side.



9. DB SPEEDSKATER LUNGE

Perform 8 repetitions on each side.



DYNAMIC STRENGTH/ POWER

10. SINGLE LEG SQUAT W/ HEEL TAP ON STAIR

Perform 10 repetitions on each side.



11. CB & DB SQUAT WITH PULSE

Perform 8 repetitions with 3-5 pulses at the bottom.



12. RB QUADRICEP CONTRACTION

Perform 20 repetitions on each side. Also see video on the blog for how to perform this exercise.

