



Getting to the Core of Winter Ski Prep

As winter approaches, it is time to get fit for ski and snowboard season! Here are three exercises that will help strengthen your core and legs and improve your coordination.

Crab Walk/Squat

This exercise works multiple muscle groups important for winter sports, including the quadriceps, hamstrings, and gluteals. In this exercise use a rubber resistance band tied in a loop so that there is tension when your feet are positioned hip width apart. Start with your feet slightly less than hip width apart and step to the side just beyond hip width. Perform a ½ squat before returning to your starting position. Take another step to the side and repeat.



Perform 3 sets of 10 steps/squats in each direction (L & R).

Lat Pull Down

We modified this exercise to make it more specific to double poling when skate skiing in order to work on latissimus and abdominal strength. Using a cable cross machine or resistance band, pull your arms down to your side. Make sure the band is anchored at or above shoulder height to simulate a poling action. To increase the sport specificity of this exercise, try stepping side to side to simulate a skating motion.



Do LOTS of these if you're a Nordic skier (100+) and use more resistance and less reps if you're an alpine rider.

Bridge with Hamstring Curl

In this exercise you will need an exercise ball. Lying on your back with your lower calves resting on the ball, lift your pelvis into the air. Holding this position, draw your heels toward your buttocks and return to the starting position in reverse manner. This exercise targets hamstring and core stability.



Perform 2 sets of 10 repetitions.

Good luck getting ready for the ski season! Remember - do not perform these exercises if they cause any pain. If you have any questions, have pain preventing you from enjoying your skiing, or are interested in more personal and specific programs, visit us at www.therapeuticassociates.com/locations to locate a Therapeutic Associates Physical Therapist near you.

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