

# SNOW EAST!



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Tommi Paavola and Alex Chemerov own and operate Discover Movement, a company that specializes in creating inspirational training programs for movement and performance enhancement. Combined, they have over 10 years of experience in working with athletes of various levels.

## Adding a Little "TWIST" to Your Core Training!

### Transfer Your Gym Strength to the Slopes

Every joint in the body has the ability to rotate. One area that absolutely loves to rotate is your core. This real estate of the body is what attaches each end of your body and holds it together. The importance of the core cannot be stated enough, since all human movement (including snow sports) has to go through the core. Any weakness throughout this vital area will have a negative impact on your performance on the mountain. Symptoms of a weak core include one or more of the following:

- Rigid and stiff ski posture
- Poor transition from edge to edge
- Lack of control in bumps
- Poor balance
- Poor sequencing of movements
- Compensation of less optimal muscles

Your core or your torso is where the center of the movement and coordination between the upper and lower body occurs. Your core is what determines how well your upper and lower body function is athletic situations. Your ability to apply force against the slippery surface is determined by the stability and rotational strength of your core. As a result, your core will determine how smooth, powerful and precise your edges stay in the contact with the slope. Ultimately, your core will determine how successful and good you look as you head down the fall line.

To add some rotation to your core, the pictured exercise will challenge your core in all three planes (plus the ball adds some instability). Put your hands on the floor (slightly wider than shoulder-width) and position your shins on the ball and bend your knees. Additional tips:

- Rotate your hips as far as you can stabilize to each side
- The pace of the movement should be moderate
- Perform 2 sets of 20 repetitions (10 to each side)

Enjoy the Ball Skier! Visit our website for pictures and video demonstrations of numerous skiing exercises to expand your ski fitness: [www.trainforskiivacation.com](http://www.trainforskiivacation.com). ❄️

