

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.

You Are Cleared For Takeoff!

On-Mountain Activation: 2 Minute Preparation For Your Day on the Slopes.

Think of the process a pilot and his crew go through to activate and prepare a plane before takeoff. A safe, effective and enjoyable flight requires activation and a “check” of all the plane’s systems. Your body is much like the plane. Your own activation and preparation will help make sure your launch out onto the slopes is an enjoyable personal flight.

A skier’s activation checklist should accomplish the following goals:

- Increase core temperature
- Activate prime movers
- Activate stabilizers
- Activate core musculature
- Mobilize hips and legs
- Stimulate nervous system for activity

The benefits of this activation process are not just performance based. As an added bonus, you will automatically gain various injury prevention qualities that come as a “side effect” of going through the skier’s checklist.

You do not need to spend valuable time in the lodge or in the parking lot jogging laps or touching your toes. In fact, you can even “activate” your entire body on the snow and even with your boots on (you could even keep your board or skis on). Ideally, we prefer that you do it either right before you ride your first chair or right after you get off at the top. You can gain the benefits of the activation process in less than 2 minutes, while your on the snow performance lasts all day long.

To execute the On-Mountain Activation, grab a hold of the ends of your ski poles (so you don’t poke anyone’s eye out). Click in your skis and position your feet so they are shoulder-width apart (if you’re a boarder just strap in) and maintain this position throughout the entire series. There are three directions that your upper body will be moving:

- Vertically
- Horizontally
- Side-to-Side

Visit our website for pictures and video demonstrations of numerous skiing exercises to expand your ski fitness: www.trainforski vacation.com *



Bend to each side with your upper body



Side to side rotation of the core.