

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.

Be Ready For a Bumpy Ride!

Upgrade Your Bump Fitness With 3 Skiing Exercises.

Ever feel like your car suspension needs a little tune-up? When my Toyota runs over a speed pump, the CDs jump out of the player and I feel like I herniated a few discs in my back. However, when the vehicle's suspension is operating properly, the ride is sure to be efficient, smooth and enjoyable.

How is your suspension when you are skiing through the bumps?

If you are kissing your knees with your teeth, you might want to upgrade your shock absorbers.

Try a few inspiring exercises that you can prepare your body with for the bumps (in addition to taking lessons, of course).

The goal of these Skiing Exercises is:

- To enhance the shock absorbability of your legs
- To connect your legs to your power source, the core
- To improve the reactive force production and reduction in your legs in a changing terrain

Our body's ability to respond to quick vertical changes when moving forward with speed is very limited, especially under fatigue. Bump skiing provides a complex challenge to our physiology but the good news is that can be improved in your basement, backyard or the gym. Bump skiing consists of all the elements of athletic movement; speed and agility, strength and power, balance and coordination as well as endurance. It does not matter if you are a competitive skier or just looking for a new snow challenge. All those elements will be part of your performance, for your favor or against.

Sliding Knee-tuck for CORE strength

- Start from a push-up position
- Slide your feet into a tuck-position
- Repeat 10-15 times in controlled manner

How to create a sliding surface?

- Woolen socks or a folded towel on a wood floor
- Frisbees/moving discs (available at Home Depot) on a carpet
- Slide board and a towel

Visit our website for pictures and video demonstrations for more bump exercises as well as other skiing exercises: www.trainforski vacation.com ❄️

Start from a push up position, and slide your feet into a tuck position on a sliding surface such as a slide board and a towel

