

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.

Touch your foot with one hand at a time



How to Build Strong and Stable Ski Legs

Single leg exercises: Optimal strength, balance, power and coordination combined. If you are looking for a skiing workout that gives the best bang for your time, you want to consider adding single leg exercises in your routine. Athletic movements are not always symmetrical. Many situations require you to exert force against the ground with one leg more than the other. Running, hopping, cutting, turning are all movement patterns that require different levels of balance, strength, coordination from each side of the body. The demands of skiing are no different. Think about how your body must respond to the variable terrain and conditions.

1. The stronger your legs are individually, the stronger they will be collectively. By performing exercises on one leg you can also weed out weaknesses or imbalances you might have between sides. If all of your exercises are symmetrical, you could have a substantial imbalance and not even know it.
2. Standing, squatting or hopping on one leg recruits your hip and core muscles to work as one unit. Good balance is an outcome of a properly working team. Single leg activities can effectively strengthen the weak link in the chain.
3. Single leg exercises build a fantastic bridge between your skiing performance and traditional strength exercises. Adding single leg exercises into your regular workout routine helps you transfer the benefits of exercise to the slopes.
4. Better balance and proprioception (your body's awareness in space) is a by-product of single leg exercises. Just like many other skills that can be improved, to have great balance you need to train it. Single leg work will make sure that your brain and your body are speaking the same language and it enables your skiing to be smooth and well coordinated.
5. You will look great in those ski pants! Strengthening and developing your gluteals, quadriceps and hamstrings will bring out the best shape in your legs. Not only will you ski or ride better, but you will look good; both on and off the slopes.

Featured single leg exercise: Single leg squat = **STRENGTH**

1. Balance on leg and bend your knee and hip
2. Hold the squat position
3. Touch your foot one hand at a time in an alternating pattern
4. Rotate from your shoulders as you reach
5. Repeat 12-20 times

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