



## Pre-Ski & Snowboard Exercise List (Balance, Strength & Agility)

### Balance Exercises

**One-legged balance squats:** stand on one leg with the other leg flexed at the knee; keep knee over or slightly behind toe; squat as low as you can – up to 90 degrees. Repeat for required number of repetitions on each leg.

**Snowboard Stance to “Fakie”:** stand sideways in snowboard rider’s position with feet on a line; look over front (downhill) foot; jump and twist the lower body so that the reverse foot moves to become the front foot; keep looking downhill while arms are extended out for balance; land on the line; use a foam roller for the line to make the exercise more difficult. Repeat for required number of repetitions.

**Freestyle 180’s & 360’s:** stand in skier’s position with feet parallel on the line; jump up and twist entire body 180 degrees or 360 degrees and land on the line; try 180’s first. Repeat for required number of repetitions.

**US Ski Team Balance Drill:** sprint out 5 yards while touching right hand to the ground; then go 5 more yards with left hand touching the ground; then go 5 yards with both hands touching the ground. Repeat sequence for required number of repetitions.

### Core Strength Exercises

**Crunches:** lie on back with feet flat on the floor and knees bent; cross arms on chest and keep neck in line with the spine (pretend you have an orange under your chin) and curl your shoulders and upper spine off the floor.

**Crunch variation:** keep knees bent and pick heels up off the floor; curl both upper body and knees towards each other; don’t let legs touch the floor for the entire set or required repetitions.

**Bicycles:** lie on back with hands behind head; keep neck in line with spine (orange under the chin); pull right knee to left elbow and back; then pull left knee to right elbow and back. Heels should not touch the floor during the set. Repeat on each side for required number of repetitions.

**Toe Pickers:** lie on back with feet raised in the air; raise shoulders and upper spine off the floor and touch toes with hands. Repeat for required number of repetitions.

**Emily’s:** lie on back with feet raised in the air; move legs laterally side to side, trying to touch the floor with feet. Keep shoulders flat on the floor. Repeat for required number of repetitions on each side.

### Functional upper and lower body strength

**Push-ups:** stand in toe touch position; put hands on floor and walk them out until your body is straight and your arms are bent and in line with your shoulders; drop chest to the floor without sagging in the middle and push back up; can be done on the knees if regular position is too difficult. Repeat for required number of repetitions.

**Crab push-ups:** get into crab walk position with hands on the floor behind you, knees bent and feet flat with bottom off the floor; lower arms until bottom touches the floor and then push back up; can also be done on small bench, stool, bar, chair or step. Repeat for required number of repetitions.

**Crab Variation:** crawl forwards 5 yards and backwards for 5 yards. Repeat sequence for required number of repetitions.

**Two-legged squats:** lift arms out in front of the body and parallel to the floor; squat until upper leg is parallel to the floor; keep knees over toes and push up through heels; can also do these on an incline board (isolates lower leg more) or with heels on a board. Repeat for required number of repetitions.

**Three-way band walk:** use a two-inch wide rubber band or tubing and wrap around ankles; pull one leg forward for hip flexion, back for hip extension and outward for hip abduction. Repeat on each leg in each direction for required number of repetitions.

**Lunge walk:** step forward on one leg and bend knee so that front upper leg is parallel to the floor and rear knee is just barely touching the floor; pick up rear leg and walk to forward position; continue alternating legs in lunge position. Repeat for required number of repetitions on each leg (count one for each time leg is forward).

### **Agility and quickness**

**Lateral hops:** with feet in parallel skier position, hop from side to side over a line or cone on the floor; to add difficulty, increase the height of the cone or have students jump over one to two pillows piled on top of one another. Hop to each side for required number of repetitions.

**Lateral hop variation:** place two-inch rubber band around ankles and hop from side to side keeping tension on the rubber band.

**Tuck jumps with sprint:** do three consecutive bunny hops in tuck position and then sprint 10-15 yards to finish. Go for distance on the jumps rather than height. Repeat this sequence for required number of repetitions.

**Backward run:** run backwards for 10-20 yards; concentrate on staying low and pumping shoulders and arms while backpedaling; for higher difficulty, do this on a slight incline and run backwards uphill; jog back down to the start. Repeat for required number of repetitions.

**Cone slalom:** set up cones in slalom (tight small turns) or giant slalom (bigger turns that are farther apart) configuration; students run through the course. Repeat for required number of repetitions.

**Cone slalom variation:** set up as a dual slalom and let students “race” side by side if they wish; or set up cones on a small incline; or change run to a skip or gallop or bounding movement.

