



Getting in shape before the ski season starts is key to building endurance and preventing injury so you can make the most of your time on the slopes!

## 10 Exercises to help you get ski fit!

Try a few circuits of these strength exercises, combined with 15-20 mins of cardio activity such as running or cycling 2-3 times a week.



### 1. Squats

PGL Sponsored Athlete and snowboarder, Maisie Potter recommends building up your quads using bodyweight squats and squat jumps to help the ankles, knees and hips. These are also helpful for maintaining good posture.

### 2. Lunges

A few sets of lunges and side lunges will help condition the quads and thighs for better endurance.



### 3. Step-ups

If you don't have access to a gym, using the bottom step of a staircase for some step-ups will help work the hamstrings and glutes.

### 4. Calf raises

Using a staircase can also provide a workout for your calves. Step on the edge of the stairs with the balls of your feet on the step and your heels hanging over the edge and gently lower and raise your heels, using your bodyweight to provide the strength building.



### 5. Bicycle crunches

Adding in a few sets of bicycle crunches to your workout will help build your core strength to provide greater stability on the slopes and support for your back.

### 6. Back extensions

Working on the the muscle groups in your back will also help with your core strength and flexibility. Lie on your front with your hands placed under your chin and gently lift your head, shoulders, chest and your legs simultaneously for a few sets.



### 7. Dead lifts

For those that do have access to a gym, dead lifts will also help build strength in your back muscles to further support your core. Be sure to keep your back straight and get some advice from a fitness professional on correct form to prevent injury.

### 8. Hip flexes

Practice those carving skills with some hip flexes to loosen up the hips and help with flexibility. Keep your upper body still whilst moving your hips from side to side, forwards and backwards.



### 9. The 'clam'

Lie on your side in a skiing position with your knees bent and raise your top knee whilst keeping your ankles together - like a clam opening and closing. This will help work the muscles in your lower back needed for hip rotation.

### 10. HIIT sessions

10-15 minutes of interval training can benefit your aerobic and anaerobic fitness to help with your endurance - so you can stay on the slopes for longer! Try a mix of jumping jacks, high knees, arm circles and touch toes to get you started.

