



bc region

ProView

magazine

Ski Season 2015 - 2016



Get Fit To

THE NEXT LEVEL

Advanced Athletic Conditioning

This full version of the program as featured in CSIA BC ProView Magazine, Fall / Winter Edition 2015-2016.



Get Fit To THE NEXT LEVEL Advanced Athletic Conditioning

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**Wishing you could be more agile, quicker and stronger on your skis?
Of course you do!**

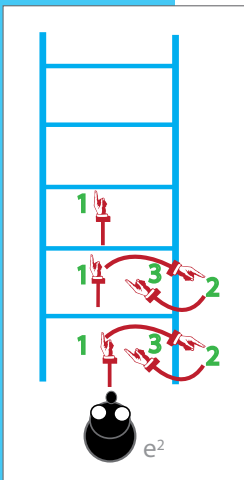
Here's an advanced athletic conditioning routine for you. I challenge you to give it a try until there's enough snow covering the slopes for you to rip down 'em.

Along with regular cardiovascular training and stretching, adopt this routine 3 x per week. If you are unfamiliar with strength training techniques, I strongly suggest you consult a trainer to coach you through, and perhaps adapt the exercises to match your fitness level and skills. These exercises should NEVER cause you joint pain or discomfort,

muscle spasm, nerve tingling nor limb throbbing sensations. If any pain or discomfort occurs that feels different from normal muscle fatigue and body exhaustion, STOP and re-evaluate your form, decrease intensity, or modify the exercise to your needs.

It is of your responsibility to check with your doctor that you are fit to participate in this type of conditioning.

Enjoy!



1. LADDER WORK

Following the pattern in the diagram, on one solid foot and ankle at the same time, jump your way forward through the ladder. Keep your trunk muscles braced and hands forward as if you're skiing short turns in bumps.

5 x each leg

2. PUSH UPS

Starting in a plank position with the ears, shoulders, and hips aligned with the foot balancing on the ball, execute push ups, keeping the alignment intact, and alternating leg with each push up. Remember that it is important to brace with all of your trunk muscles.

3 x maximum repetitions



Here are some other links to articles I have previously written for CSIA BC ProView that will help you in your ski preparation:

<http://www.kinesiologywithmajo.com/blog/what-to-know-about-stretching-effectively/>

<http://www.kinesiologywithmajo.com/blog/stretch-out-for-ski-season/>

3. ALTERNATED LUNGES

Keeping a braced upright trunk and neck, lunge forward with distributing the body weight approximately equally on both legs, while lowering to the ground. At the same time press dumbbells up toward the ceiling.

2 x 50 total (arms can rest at the sides of the body when too tired to maintain good form)



3. ALTERNATED LUNGES – A



3. ALTERNATED LUNGES – B

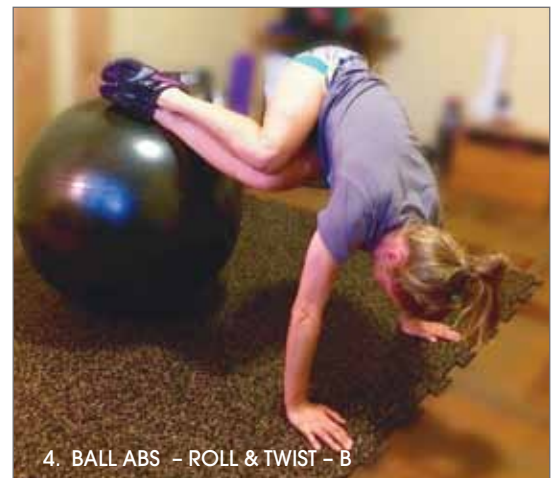
4. BALL ABS ROLL & TWIST

Starting in a plank position with the ears, shoulders, hips and feet lined up, pull knees together toward one shoulder. Return to the initial position and repeat on the other side. Keep the trunk solid at all times.

3 x 5 each side



4. BALL ABS – ROLL & TWIST – A



4. BALL ABS – ROLL & TWIST – B



5. MONSTER WALK

5. MONSTER WALK

With bar overhead and in a low-squatted position, walk mini steps forward and back with an elastic around the ankles. Keep the spine erect and well-braced, with head and shoulders lined-up over the hips, and knees pointed towards the middle of each foot.

4 x 10 steps forward and 10 back

This programme is meant for **ADVANCED** use only. Be sure that you can safely perform all these exercises. If in doubt, seek expert advice.





6. ARABESQUE ARM ROW – A



6. ARABESQUE ARM ROW – B

6. ARABESQUE ARM ROW

Balancing on one foot make a straight line with the head, back, hips and held up leg, and lift a weight up with bent elbow.

2 x 25 each side



7. GOBLET SQUATS – A

7. GOBLET SQUATS

Chin slightly tucked, shoulders pulled back and down, trunk muscles stiffened up, squat down in the centre first, then slowly shift your body weight :

1. over to one side
2. back to centre
3. over to the other side
4. back to centre
5. then come back up

Keep your back aligned and braced the whole way through the exercise. Use your hips, knees and ankle in good proportion to diminish unnecessary stress on your spine.

3 x 10



7. GOBLET SQUATS – C



7. GOBLET SQUATS – B



7. GOBLET SQUATS – D



8. DOUBLE SPIDER PLANK - A



8. DOUBLE SPIDER PLANK - B



8. DOUBLE SPIDER PLANK - C

8. DOUBLE SPIDER PLANK

From a wide feet and hands plank position pull one knee to the same side elbow, before pushing the foot back and above the floor, then pulling the knee back in and across toward the opposite shoulder. Return to the initial position before repeating on the other side.

3 X 10 total



9. BALL SQUAT - Earth to Sky - A & B

9. BALL SQUAT - EARTH TO SKY

Weighted ball optional. Feet hip width apart and naturally angled out, squat with a slight trunk rotation to firmly grab the ball. Complete the squat by rising up and lifting the ball with straight arms, while directing it diagonally toward the opposite side.

2 x 15 each side



8. DOUBLE SPIDER PLANK - D



10. SWIPER - Initial Position - A

10. SWIPER

Hands are turned out at a 45 degree angle and buttocks held up high, while the right leg is passed underneath and behind the left leg. The left arm lets go of the floor following the right leg motion with the trunk, shoulders and head. The right hand remains on the floor until you return to the initial position to begin again on the other side.

5 - 10 each side



10. SWIPER - Transition - B



10. SWIPER - Final Position - C

