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THE BEST EXERCISES FOR SKIING

May 31, 2010 | By [Linda Ray](#)

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Photo Credit skiing powder image by joseph pankey from Fotolia.com

Sport specific training involves tackling those muscle groups that you use the most while performing the sport. Training for skiing should take place all year long, reports the American Council on Exercise, in order to be ready for the slopes in the winter. Key elements that are required for skiing proficiency include balance, endurance, strength and coordination. [Want to get in great shape? Learn more about LIVESTRONG.COM's nutrition and fitness program!](#)



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SQUATS

To build lower body strength for skiing, incorporate squats in your regular workout routine. Start by standing erect and holding your arms out straight in front of you so they won't become engaged in the exercise. Keeping your back straight, lower your buttocks as if you're sitting down. Keep your spine even with your tailbone as you squat and then stand up, repeating 20 times. Take some of the pressure off your knees when squatting by placing a stability ball against a wall and lean your lower back against it. Roll with the ball as you bend your knees into a squat. Rise up and repeat 20 times.

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ISOMETRICS

Isometric exercises build strength by having you tighten a muscle group and hold it for a period of time, rather than performing repetitions of the move. The tuck position in skiing demands strong abdominal and thigh muscles. Sit leaning against a wall with no stool or chair for one minute at a time to mimic the skiing move. Go into a squat, but instead of standing up again, remain in the position.

PLYOMETRICS

You need to develop coordination and agility in order to move down the hills. Recreate the side-to-side motion of skiing by doing plyometric exercises, such as hopping from side to side. Plyometrics challenge the muscles through dynamic resistance moves. Muscles are put through a rapid alternating sequence of expanding and contracting, according to the American College of Sports Medicine. Other plyometric exercises that are useful for skiing training include jumping rope, jumping jacks and high intensity drills that incorporate depth jumps and jumping from side to side with both legs together.

CRUNCHES

The core consists of the abdominal and back muscles as well as the side obliques. A strong core is essential

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for a safe and enjoyable skiing experience. The crunch and all its variations remains one of the most effective exercises to develop core strength. Start by lying on your back on the floor or a mat and bending your knees with your feet flat on the floor. Cross your arms over your chest and raise your shoulders. Lie back down and repeat 50 times. Increase the intensity of the crunch by doing bicycle pumps. Assume the position for a crunch and raise your knees so that your lower legs are parallel to the ground. Place your hands beside your head with your elbows bent outward. As you raise your shoulder, try to touch your right elbow to your left knee. Keep your shoulders raised and repeat the movement by touching your left elbow to your right knee. Keep alternating, pumping your legs as if you're riding a bicycle. Continue for three to five minutes for a complete core workout. Rest for one minute and repeat.

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REFERENCES

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