

Please find below some useful exercises for your upcoming ski trip. If you are currently playing sport, training with them outside of school and taking part in school PE lessons then you may already have a suitable level of fitness, however exercising for 4 hours per day, and doing something new is very demanding on your energy and your muscles. I would therefore recommend completing exercises to help build the muscle groups below.

1. **Quadriceps:** "Quadriceps are probably the most used muscle group in skiing. These muscles hold you in position as you ski and provide protection for your knees. Great exercises for the quadriceps include squats and lunges."
2. **Hamstrings and Glutes:** "When skiing downhill, you typically hold your body in a flexed position, which is leaning forward from the hips. This requires great strength from your hamstrings and glutes as they help stabilize your body. Work your hamstrings and glutes with deadlifts, one leg dead lifts, step ups and hamstring rolls on a Swiss exercise ball."
3. **Inner and Outer thighs:** "Your inner thighs work like crazy to keep your skis together. Your outer thighs keep your body stable and help you steer. Some great exercises are side lunges, inner and outer pushes on the abductor and adductor machines, Swiss exercise ball squeezes for the inner thigh or sliding side lunges using disks."
4. **Calves:** "Because your knees are bent as you ski, your calves (specifically the soleus) help you stay upright so you don't fall over (your boots help too). You can work this muscle by doing seated or standing calve raises."
5. **Abs and Back:** "As you're in a flexed, bent over position, your back has to work like a maniac to hold your body in that position. To protect your spine from injury, your core must be conditioned. Work these muscles with exercises like bicycle crunches, V-ups, medicine ball twists, pully system wood chops, back extensions, lat pulls and dumb bell rows."
6. **Arms:** "Along with your back, arms help push off with your poles while stabilizing your shoulder joints. Be sure to work your biceps and triceps along with the rest of your body."

Lower Body

- **Classic Squats:** Three sets of 12 to 15 repetitions (reps).
- **666 Squats (Hell Squats):** Do six sets of six reps taking six seconds to perform the squat. Rest one second at the bottom, then take six seconds to lift back to the upright position.
- **Lunges:** Three sets of 12 to 15 reps holding dumbbells. Make sure to use weight you can handle to complete a full set of reps.
- **Wall Sit:** Keep your back flat against the wall, make sure your quads are parallel to floor, your knees are at a 90-degree angle, and your arms are folded across your chest. Start with one minute and build up to three minutes.

Upper Body with Functional Cardio Pace Core Focus

- Four sets of 50 mountain climbers progressing into maximum number of pushups to failure, which is doing as many as you can.
- Four sets of 10 to 15 reps of burpee pushups with a vertical jump.
- Four sets of 25 to 50 reps of core holds (sitting with your legs off the ground and slightly leaned back)
- Three sets of 10 to 15 reps per leg of leg side raises. Balance on one leg while doing a side raise with the other.
- Four sets of 100 boxing shadow punches. Use your core in the twisting motion while throwing punches.
- Three sets of 20 reps of V-ups.
- Three sets of 100 bicycle crunches.