

HOW TO GET SKI FIT

The snow season is here and **KATE ALLMAN** has fitness tips to lift your skiing to new heights.

The June long weekend is days away, and for skiers and snowboarders in NSW that means one thing: the opening of the snow resorts.

Many lawyers plan their snow trip months in advance, but most fail to prepare their bodies for the specific muscle activity that skiing involves.

"I run, swim and do wall squats!" they proclaim. "So why are my quads burning halfway down the slope?"

"Running, swimming and wall squats will make you good at running, swimming and wall squats," explains Guillaume Tual, a personal trainer at Fitness First and founder of ski

training centre Altitude Fitness in Sydney. "They will help you aerobically, but snow sports are dynamic and non-linear sports that require more than leg strength and cardio fitness."

According to Tual, skiers need to train with exercises that involve unilateral leg movements. Think lunges, single-leg squats, leaps and lateral jumps. You should also try to mimic the unstable snow surfaces that challenge your stabiliser muscles as you turn and gather speed. Try squatting on a BOSU ball, or lunging with one foot in a TRX strap. Tual recommends you incorporate the following exercises into your fitness program to improve your performance and prevent injury.



BOX SINGLE-LEG SQUAT

This exercise works on your balance and hip/knee/ankle control to keep your legs parallel as you turn on skis, helping you to avoid dropping one knee into the infamous "A-frame" shape that ski instructors hate.

How to do it: step with one leg on the edge of a box or step and stick the other leg straight out in front of you. Slowly with control, squat as low as you can on that leg and make sure your right knee is tracking straight above your second toe. Then push your heel down and squeeze your right glute to come back up.

Do 3-4 sets of 12-15 reps on each side.



EXPLOSIVE SIDE LUNGE

This is a power move to help you load and unload energy, similar to carving. It requires strength to decelerate the fall and explode back up, generating stability through the hips.

How to do it: stand tall and bring your right knee up. Fall into a side lunge with your right leg, dropping as low as you can, keeping the left leg straight. Push off your right foot to come back to the starting position.

Do 3-4 sets of 15-20 reps each leg.



BOSU SKATER SQUATS

This is a great drill to target your glutes and hip abductors. Adding the BOSU gives you extra momentum and landing on one foot challenges the stabiliser muscles in your knees, hips and ankles just as skiing and snowboarding do.

How to do it: position the BOSU to lean at 45 degrees against a wall with the flat side up and stand beside it in a curtsy lunge position, left leg behind you. Jump onto the BOSU with your left foot landing and push off. Land on your right foot, bending your knee to control the lateral movement.

Do 3-4 sets of 15-20 reps each leg.

GUILLAUME TUAL is a Level 2 personal trainer at Fitness First and a snow sport conditioning specialist with 13 years of experience in the snow industry around the world. altifit.com.au/gee-man