

Highland Trailblazers 2009/2010

Balance Circuit

- Indo Board -balance- touch nose, knees, toes add light ball, add medicine ball
-Sing Head and Shoulders
-Circle the ball around your head, waist and then knees 5x each
- Bozu Ball -How long does it take to find your balance? Balance for 2 min
-10x squats 2 feet, 10x squats on each foot- try the flat side or the round side of the Bozu
-stand on right foot do 2 squats then switch to left for 2 squats
-standing on the round side of the bozu- mimic your classic ski motion 10x
- Flexibility -measure- sitting reach to feet/past toes
-lying down lift one leg -evaluate 90 degrees more or less with each leg
-ankle flexion- stand a foot length from the wall try touching knees to wall

Practicing balance helps train your mind to muscle connection. It teaches your body how to react to changes in terrain, will stabilize your ski glide and strengthens the small muscles in your body helping to support your larger muscles.

Strength Circuit

push up plank- up down in 3rds, then 5 fast for 1 minute or 3 sets of 15
dips- up down, 3rds, 5 fast for 1 minute or 3 sets of 15
side plank- move leg up back side to side 30 Seconds
Ball push up- feet on the ball- roll ball in, out and then push up 25x or 2 sets of 15
sit ups- 100- variety of regular crunchies, obliques, pelvic raise, pelvic tilt with one leg, pelvic tilt with other leg or 1 min for sit ups, 1 min for pelvic
for variety do 30 bicycle sit ups
lunges- balance on one foot between each lunge 3x 10 lunges- carry 5lb weight
standing- one leg sweeps- 10 forward backward each leg-10 each side -slow& in control
smack downs- use abs!!!!

A strong core will help with your technique and will support your back through the ski season. A strong core will prevent injury!

Have fun and Ski Strong!

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