

ARE YOU FIT TO SKI?

FITNESS

Skiing is fun and also hard work. To get the most out of your holiday you need to be fit.

Work on your endurance, power, flexibility and agility. Cycling is one of the exercises that best replicates what you do when you ski. Running and if you have access to a gym the cross-trainer is very good too.

You should attempt some type of exercise three times a week for a minimum of 20 minutes each time, more if possible.

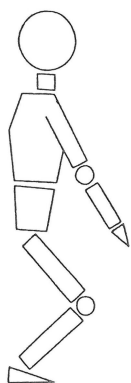
Pay particular attention to the quadriceps (thigh muscles), hamstrings (backs of thighs) and stomach muscles.

DRY SLOPE

A good introductory course on a dry slope is very worthwhile. It should help to make a smooth introduction to skiing on snow. It is also good for more experienced skiers to get a feel for skiing again.

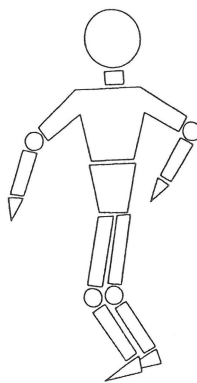
EXERCISES

Muscles should be warm and relaxed. Stop if the exercise give pain.



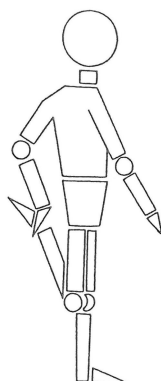
Strength 1

- first try the knee bends with both knees together.
- only dip until your elbow touches your knee
- do this exercise in a slow and controlled manner



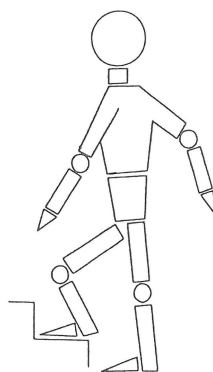
Agility

- jumping from side to side
- feet together with knees slightly bent as if skiing



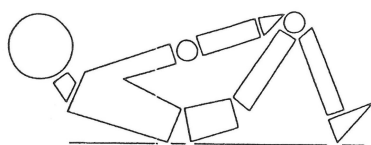
Flexibility

- stand on one leg
- use a chair to hold on to
- bend the knee grasping at the ankle
- pull knee back gently
- hold each stretch for 15 seconds



Endurance

- step up and down
- maintain an upright posture throughout



Strength 2

- knees bent
- tighten stomach and flatten back onto floor
- curl half way up then uncurl down