



B O D Y A W A R E N E S S

SKI PHYSIO

Train now to perform better on the slopes

Before you know it, the ski season will be here. Training now will help you be strong on the slopes and ensure good form and stamina at the start.

Many people know about the wall sit exercise which has been used for years to improve leg strength and endurance. It is a good exercise for general leg strengthening but skiing rarely involves putting equal weight on both legs. To produce a smooth gradual carve, the weight is put primarily on one leg. The arrival of parabolic skies has changed the carving technique somewhat. Current recommendations suggest putting weight on both legs, however the carving leg should still bear more of the weight. This weight distribution allows the ski to be put on edge which ultimately allows you to produce a smooth turn. To prepare for this the best exercise to do is the slow single leg squat. Squatting on one leg recruits the muscles necessary for an efficient turn and works on balance and core strength which are both essential in downhill skiing.



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SINGLE LEG SQUAT



Stand on your left leg and keep the right leg bent. Bend the knee of the left leg very slowly to the count of 10. Return to the standing position. Repeat 10 times. Make sure the knee is aligned over the foot. If you find it difficult to balance, hold onto a wall with a light touch.

Stand on the right leg and repeat the above. To make this harder, do two or three sets. When this becomes easy, you can hold weights to increase the challenge. Keep your abdominals engaged and maintain balance while doing the exercise. Your entire body is working just as it is in skiing. ***No pain is allowed! If your knees hurt see a physiotherapist. Check it out before the ski season starts.***