

Get Ski-Ready: Beginner Exercises

Prepare for the slopes!

Welcome!

Getting ready for a ski trip is exciting. To ensure you enjoy your time on the slopes and avoid injuries, it's important to prepare your body. These four exercises are perfect for beginners to build strength and endurance. Remember to consult with your doctor or a physical therapist before starting any new exercise program.

NOTE: Only do what feels comfortable and with all exercises build up slowly.

1. Squats

Squats are fantastic for building lower body strength, which is crucial for skiing.

How to:

1. Stand with your feet shoulder-width apart, toes slightly outward.
2. Keep your back straight and your core engaged.
3. Lower your hips as if you're sitting in a chair, keeping your knees behind your toes.
4. Go as low as comfortable, ideally until your thighs are parallel to the ground.
5. Push back up to the starting position.

Reps: 3 sets of 10-12 reps.

[See video demonstration here](#)

2. Lunges

Lunges improve balance and leg strength, essential for navigating varied terrain on skis.

How to:

1. Stand with your feet hip-width apart.
2. Step forward with one leg, bending both knees to 90 degrees.
3. Ensure your front knee stays behind your toes.
4. Push off with your front leg to return to the starting position.
5. Alternate legs.

Reps: 3 sets of 10-12 reps per leg.

[See video demonstration here](#)

3. Calf Raises

Calf raises strengthen your calf muscles, which are important for maintaining control and balance while skiing.

How to:

1. Stand with your feet flat on the ground.
2. Slowly rise up onto the balls of your feet, lifting your heels off the ground.
3. Hold for a second at the top, then slowly lower back down.

Reps: 3 sets of 15-20 reps.

[See video demonstration here](#)

4. Plank

The plank is an excellent exercise for strengthening your core, which is vital for stability and preventing injuries while skiing.

How to:

1. Start in a push-up position, but with your forearms on the ground instead of your hands.
2. Keep your body in a straight line from head to heels, engaging your core muscles.
3. Hold the position, making sure not to let your hips sag.

Hold Time: 3 sets of 30-60 seconds.

[See video demonstration here](#)

Remember to listen to your body and stop if you feel any pain. Consistent training will make a difference! Have a fantastic and safe ski trip!

Next Steps

If you are aware of old injuries or worries that may be aggravated whilst on your skiing trip or would like a more personalized training plan and injury prevention strategy, contact us today!

Not only can you use the exercises above to strengthen in preparation of your ski trip but Osteopathy can improve your mobility & flexibility, making your next adventure even more enjoyable.



Contact us today to find out more:

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