

# SNOW EAST!



**Alex Chemerov** **Tommi Paavola**

*Tommi Paavola and Alex Chemerov own and operate Discover Movementä, a company that specializes in creating inspirational training programs for movement and performance enhancement. Combined, they have over 10 years of experience in working with athletes of various levels.*

## How to Build Strong and Stable Ski Legs

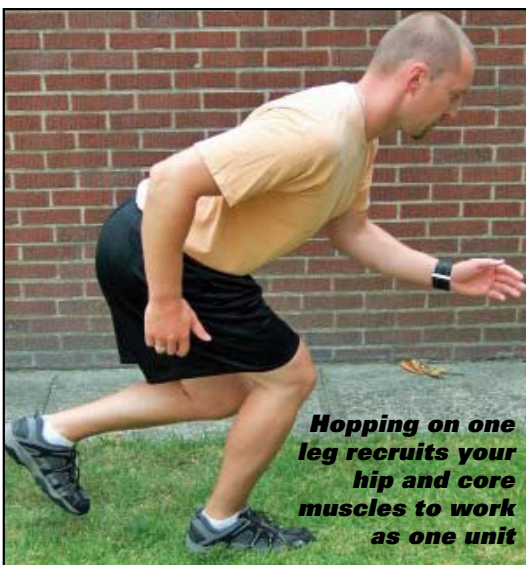
Single leg exercises: Optimal strength, balance, power and coordination combined. If you are looking for a skiing workout that gives the best bang for your time, you want to consider adding single leg exercises in your routine. Athletic movements are not always symmetrical. Many situations require you to exert force against the ground with one leg more than the other. Running, hopping, cutting, turning are all movement patterns that require different levels of balance, strength, coordination from each side of the body. The demands of skiing are no different. Think about how your body must respond to the variable terrain and conditions.

1. The stronger your legs are individually, the stronger they will be collectively. By performing exercises on one leg you can also weed out weaknesses or imbalances you might have between sides. If all of your exercises are symmetrical, you could have a substantial imbalance and not even know it.
2. Standing, squatting or hopping on one leg recruits your hip and core muscles to work as one unit. Good balance is an outcome of a properly working team. Single leg activities can effectively strengthen the weak link in the chain.
3. Single leg exercises build a fantastic bridge between your skiing performance and traditional strength exercises. Adding single leg exercises in your regular workout routine helps you transfer the benefits of exercise to the slopes.
4. Better balance and proprioception is a by-product of single leg exercises. Just like many other skills that can be improved, to have great balance you need to train it. Single leg work will make sure that your brain and your body are speaking the same language and enable your skiing to be smooth and well coordinated.
5. You will look great in those ski pants! Strengthening and developing your gluteals, quadriceps and hamstrings will bring out the best shape in your legs. Not only will you ski or ride better, but you will look good; both on and off the slopes.

### Featured single leg exercise: Single leg squat = **STRENGTH**

1. Balance on leg and bend your knee and hip
2. Hold the squat position
3. Touch your foot with one hand at a time
4. Rotate from your shoulders as you reach
5. Repeat 12-20 times

Visit our website for pictures and video demonstrations of numerous skiing exercises to expand your ski fitness: [www.trainforskivacation.com](http://www.trainforskivacation.com) ❄️



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## Adding a Little "TWIST" to Your Core Training!

### Transfer Your Gym Strength to the Slopes

Every joint in the body has the ability to rotate. One area that absolutely loves to rotate is your core. This real estate of the body is what attaches each end of your body and holds it together. The importance of the core cannot be stated enough, since all human movement (including snow sports) has to go through the core. Any weakness throughout this vital area will have a negative impact on your performance on the mountain. Symptoms of a weak core include one or more of the following:

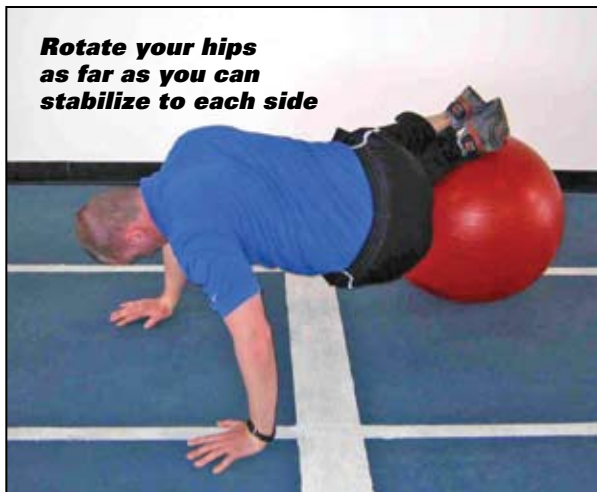
- Rigid and stiff ski posture
- Poor transition from edge to edge
- Lack of control in bumps
- Poor balance
- Poor sequencing of movements
- Compensation of less optimal muscles

Your core or your torso is where the center of the movement and coordination between the upper and lower body occurs. Your legs can only be as strong as the ability of your core and upper body to plant the legs in a solid place. Your ability to apply force against the slippery surface is determined by the stability and rotational strength of your core. As a result, your core will determine how smooth, powerful and precise your edges stay in the contact with the slope. Ultimately, your core will determine how successful and good you look as you head down the fall line.

To add some rotation to your core, the pictured exercise will challenge your core in all three planes (plus the ball adds some instability). Put your hands on the floor (slightly wider than shoulder-width) and position your shins on the ball and bend your knees. Additional tips:

- Rotate your hips as far as you can stabilize to each side
- The pace of the movement should be moderate
- Perform 2 sets of 20 repetitions (10 to each side)

*Enjoy the Ball Skier! Visit our website for pictures and video demonstrations of numerous skiing exercises to expand your ski fitness: [www.trainforskiivacation.com](http://www.trainforskiivacation.com). Additionally you may post specific questions and/or comments directly onto the blog. \**



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## Be Ready For a Bumpy Ride!

### Upgrade Your Bump Fitness With 3 Skiing Exercises.

Ever feel like your car suspension needs a little tune-up? When my Toyota runs over a speed pump, the CDs jump out of the player and I feel like I herniated a few discs in my back. However, when the vehicle's suspension is operating properly, the ride is sure to be efficient, smooth and enjoyable.

How is your suspension when you are skiing through the bumps?

If you are kissing your knees with your teeth, you might want to upgrade your shock absorbers.

Try a few inspiring exercises that you can prepare your body with for the bumps (in addition to taking lessons, of course).

#### The goal of these Skiing Exercises is:

- To enhance the shock absorbability of your legs
- To connect your legs to your power source, the core
- To improve the reactive force production and reduction in your legs in a changing terrain

Our body's ability to respond to quick vertical changes when moving forward with speed is very limited, especially under fatigue. Bump skiing provides a complex challenge to our physiology but the good news is that can be improved in your basement, backyard or the gym. Bump skiing consists of all the elements of athletic movement; speed and agility, strength and power, balance and coordination as well as endurance. It does not matter if you are a competitive skier or just looking for the new snow challenge. All those elements will be part of your performance, for your favor or against.

#### Sliding Knee-tuck for CORE strength

- Start from a push-up position
- Slide your feet into a tuck-position
- Repeat 10-15 times in controlled manner

#### How to create a sliding surface?

- Woolen socks or a folded towel on a wood floor
- Frisbees/moving discs on a carpet
- Slide board and a towel

Visit our website for pictures and video demonstrations for more bump exercises as well as other skiing exercises: [www.trainforskivacation.com](http://www.trainforskivacation.com) ❄️

**Start from a push up position, and slide your feet into a tuck position on a sliding surface such as a slide board and a towel**



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**Mobilizing  
the hips  
and legs**



**Side to side  
rotation of  
the core.**

## You Are Cleared For Takeoff!

### On-Mountain Activation: 2 Minute Preparation For Your Day on the Slopes.

Think of the process a pilot and his crew go through to activate and prepare a plane before takeoff. A safe, effective and enjoyable flight requires activation and a “check” of all the plane’s systems. Your body is much like the plane. Your own activation and preparation will help make sure your launch out onto the slopes is an enjoyable personal flight.

A skier’s activation checklist should accomplish the following goals:

- Increase core temperature
- Activate prime movers
- Activate stabilizers
- Activate core musculature
- Mobilize hips and legs
- Stimulate nervous system for activity

The benefits of this activation process are not just performance based. As an added bonus, you will automatically gain various injury prevention qualities that come as a “side effect” of going through the skier’s checklist.

You do not need to spend valuable time in the lodge or in the parking lot jogging laps or touching your toes. In fact, you can even “activate” your entire body on the snow and even with your boots on (you could even keep your board or skis on). Ideally, we prefer that you do it either right before you ride your first chair or right after you get off at the top. You can gain the benefits of the activation process in less than 2 minutes, while your on the snow performance lasts all day long.

To execute the On-Mountain Activation, grab a hold of the ends of your ski poles (so you don’t poke anyone’s eye out). Click in your skis and position your feet so they are shoulder-width apart (if you’re a boarder just strap in) and maintain this position throughout the entire series. There are three directions that your upper body will be moving:

- Vertically
- Horizontally
- Side-to-Side

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(Note – If you ride telemark skis, we have a tele-specific activation series for you)