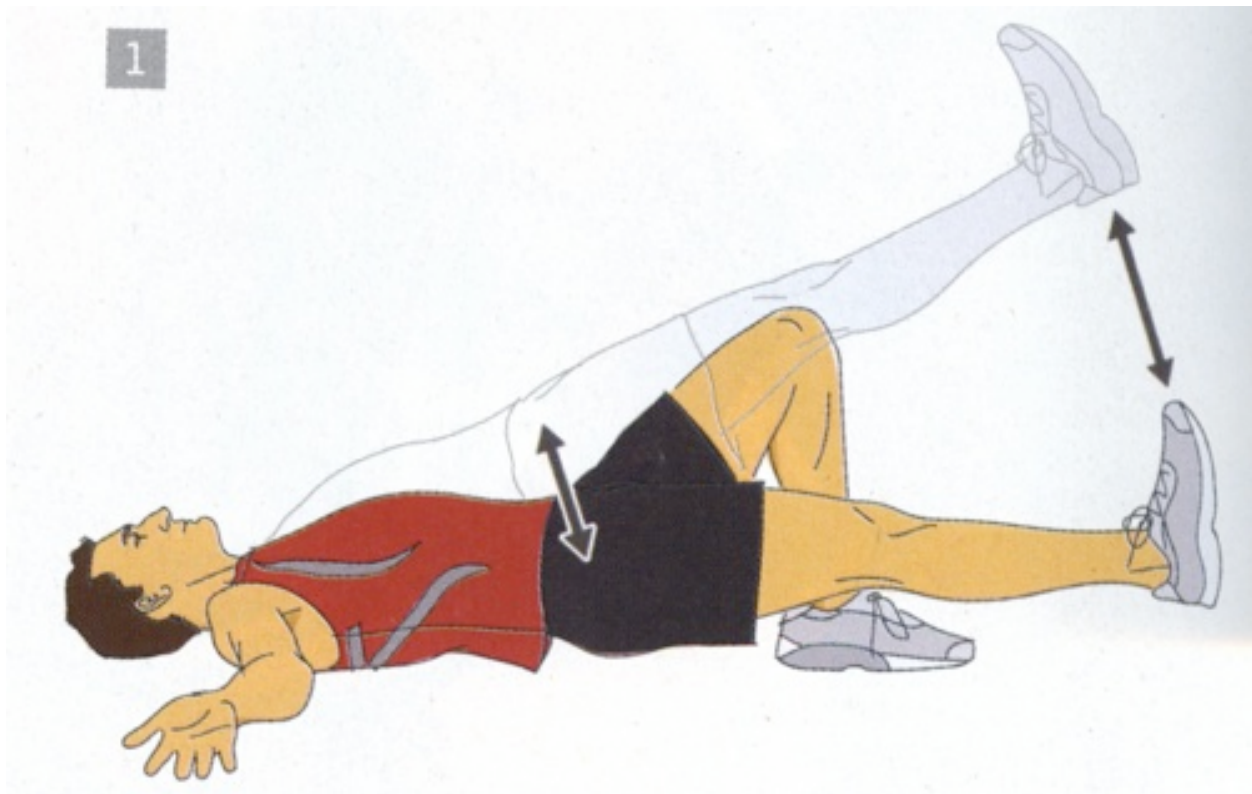


Injury buster workout from SKI magazine. November 2008;

KNEES;



Prepare for **One-legged Bridge**.

Lie on your back with your left knee bent and your left foot on the floor. Extend your right leg and raise it to a 45-degree angle of the floor. Keeping your shoulders on the floor and your abs tight, lift your pelvis as high as you can. Lower until your buttocks brushes the floor, but keep your weight on your left foot;

Begin with 12 repps with your left knee bent;

Rest for 30 seconds;

Do a second set of 12 repps with your left knee bent;

While resting for 30 seconds. Switch to the other side, bending your right knee;

Perform 12 repps with your right knee bent;

Rest for 30 seconds;

Do a second set of 12 repps with your right knee bent;



Rest for 30 seconds while preparing for **Lunge Hops**.

Stand with your hands on your hips and the toes of your right foot resting behind you on a six- to eight- inch step. Hop forward with your left foot and drop into a lunge, keeping your left knee behind your toes. Lean forward slightly from the hips (not the waist). Keep your foot behind you, and hop with both feet to the right, and drop immediately into the same lunge position. Quickly hop back to the left;

Begin with 10 repps with your left foot forward; Rest for 30 seconds; Repeat for 10 repps;

Rest for 30 seconds while switching to your right foot forward;

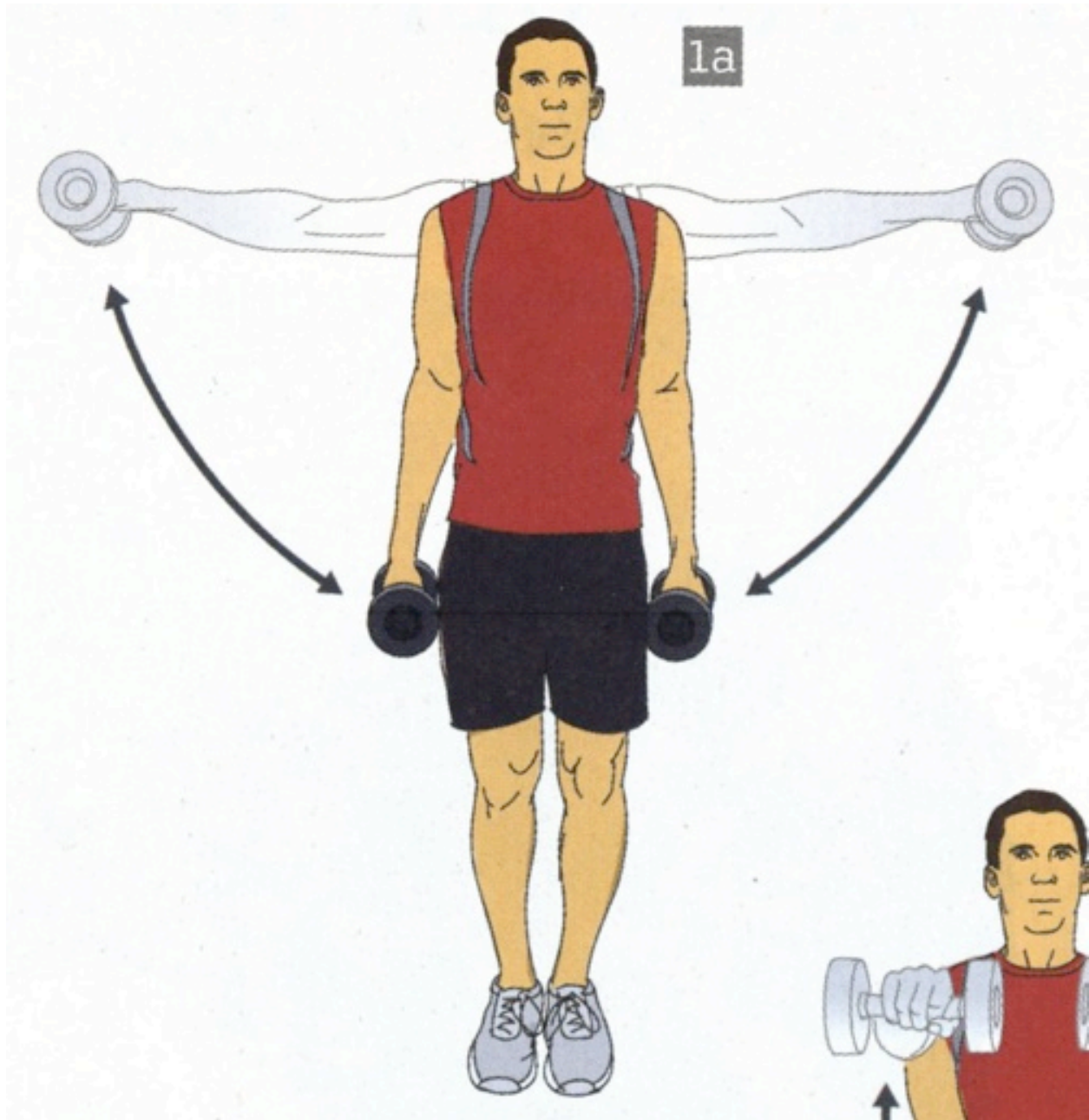
Perform 10 repps with your right foot forward; Rest for 30 seconds; Repeat for 10 repps;

Rest for 30 seconds while preparing for **Stair Repeats**.

Walk or run up and down stairs. Ascending will strengthen your hamstrings, glutes and cardiovascular system. Descending will build eccentric strength—the kind you need for skiing—in your quads;

Perform Stair Repeats for 5 minutes;

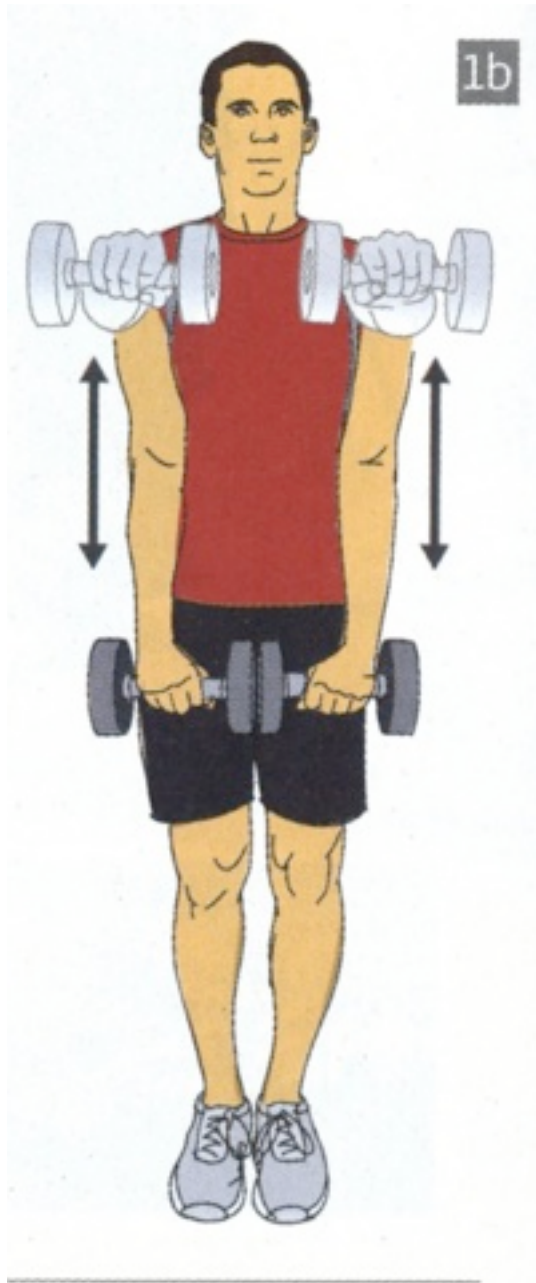
SHOULDERS;



Prepare for **Lateral Raises**.

Stand upright and hold a dumbbell in each hand, palms facing each other. With your abs tight and knees soft, lift your arms straight out to your sides and raise them to shoulder level. Slowly lower to the starting position;

Begin with 10 reps; Rest for 30 seconds; Repeat for 10 reps;



While resting for 30 seconds, prepare for **Front Raises**. Holding the dumbbells in front of your thighs, palms facing backward. With a slight bend in your elbows, lift the dumbbells straight in front of you, again to shoulder level;

Perform 10 repps of Front Raises; Rest for 30 seconds; Repeat for 10 repps;



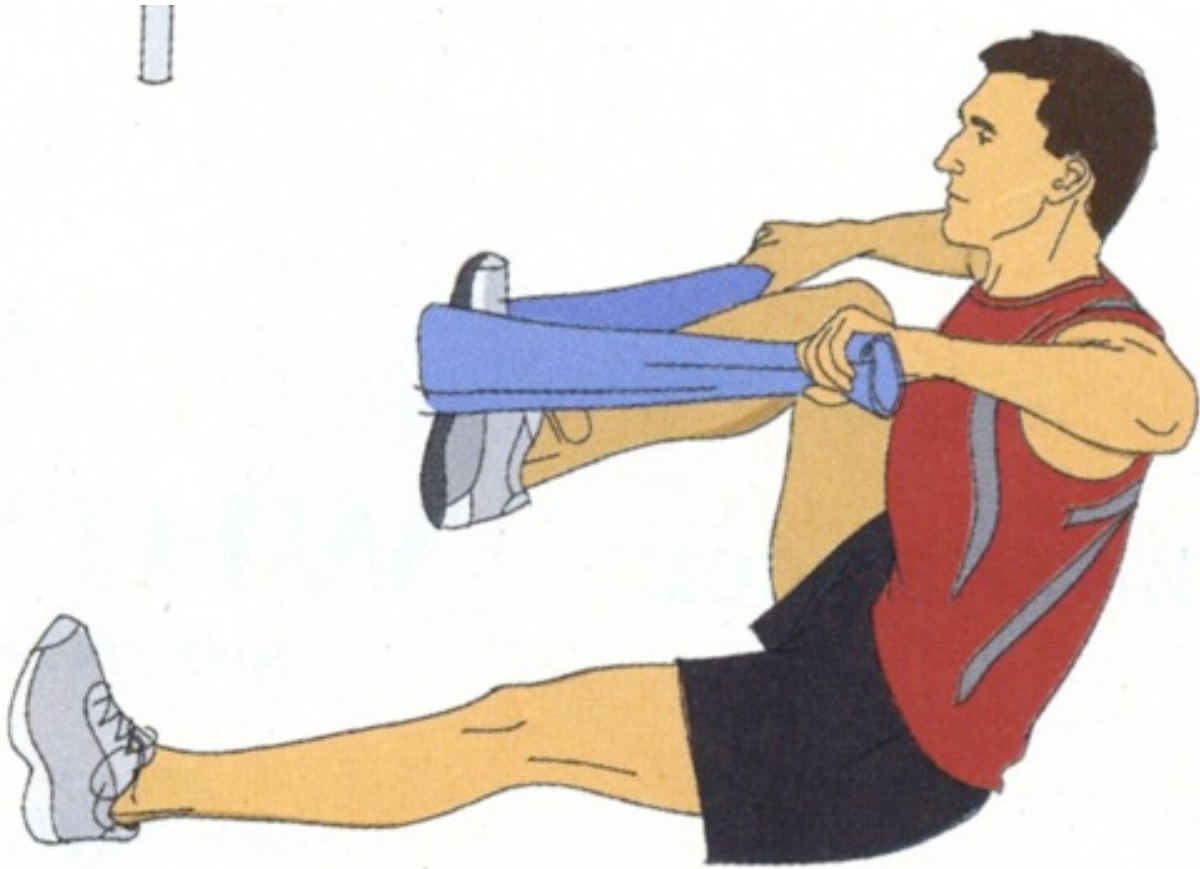
Rest for 30 seconds while preparing for **One-legged Stir**.

Stand on your right foot with your toes turned out slightly. Lift your left foot and place it behind your right knee, pointing your left knee out to the side and keeping your pelvis tucked under you. Hold a weight bar vertically in front of you, with your right hand at shoulder level and your left hand at waist level. Keep your spine as straight as possible, and move the bar in a circular motion, as if you were stirring a giant pot;

Do 7 reps of clockwise circles; Followed immediately by 7 reps of counter-clockwise circles;

Rest for 30 seconds while switching hand and leg positions;

Again do 7 reps of clockwise circles; Followed immediately by 7 reps of counter-clockwise circles;



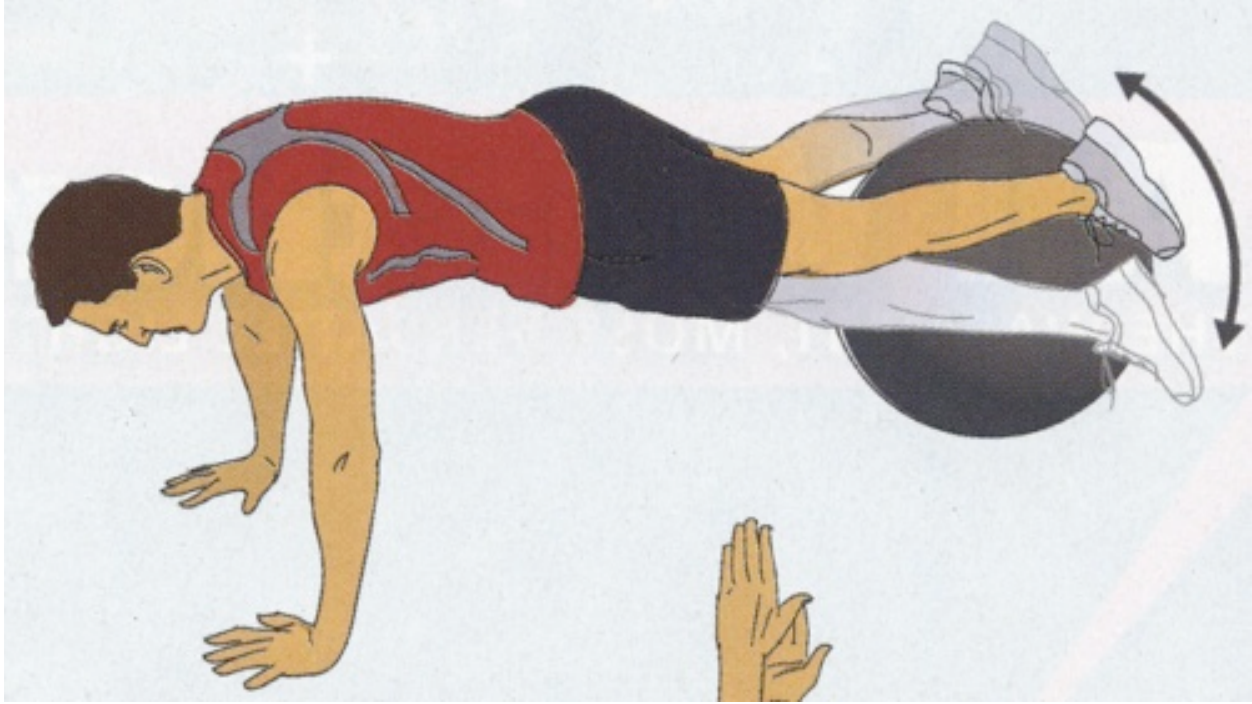
Rest for 30 seconds while preparing for **Towel Row**.

Sit on the floor with your back upright and your legs straight out in front of you, but keep your knees slightly bent. Hold one end of a long towel in each hand, palms facing the floor, and place the middle of the towel around the sole of your right foot. Pull the towel toward you as far as you can, bending your elbows out to your sides and bending your right knee. At the same time, push against the towel with your right foot as hard as you can for resistance. Return to the starting position, still pushing hard against the towel with your foot;

Perform 12 reps with your right foot; Rest for 30 seconds;
Perform a second set of 12 reps with your right foot; Rest for 30 seconds;
Perform a third set of 12 reps with your right foot;

Rest for 30 seconds and switch to your left side;
Perform 12 reps with your left foot; Rest for 30 seconds;
Perform a second set of 12 reps with your left foot; Rest for 30 seconds;
Perform a third set of 12 reps with your left foot;

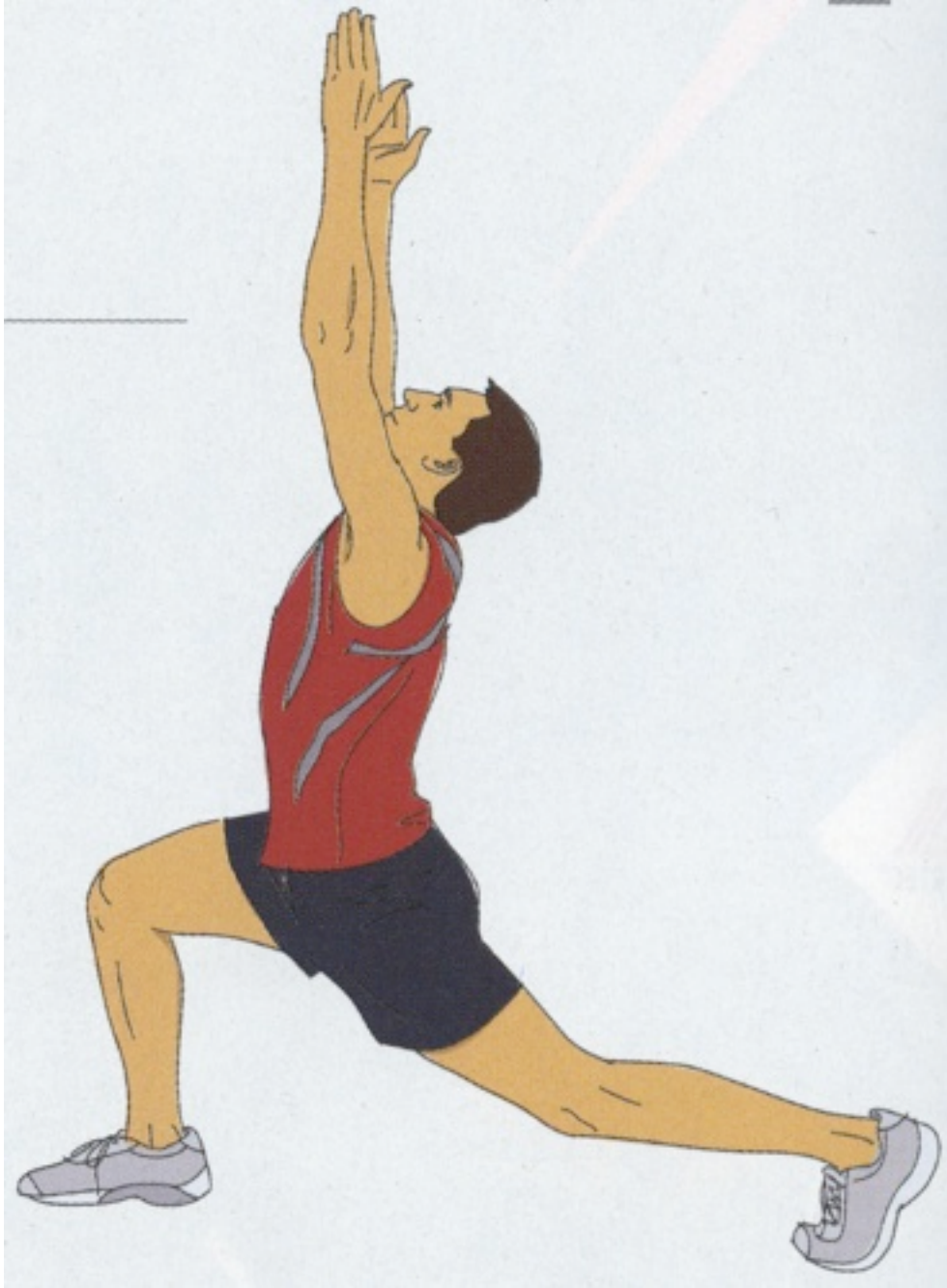
HEAD;



Begin with **Rotating Plank**.

Rest your shins on an exercise ball and place your hands flat on the floor, slightly wider than your shoulders. With your arms and back straight and your abs tight, slowly rotate your hips to roll the ball to the right as far as you can. Then roll the ball to the left until you reach center;

Begin with 6 reps to the right; Rest for 30 seconds;
Do a second set of 6 reps to the right; Rest for 30 seconds;
Perform 6 reps to the left; Rest for 30 seconds;
Perform a second set of 6 reps to the left;



While resting for 30 seconds, prepare for **Crescent Lunge**.

Stand upright, and take a large step forward with your right foot. Drop into a lunge, keeping your right knee above your right ankle and your weight distributed evenly between the ball and heel of your right foot. Left your arms above your head, with your palms facing each other. Look toward the ceiling;

Hold for 15 seconds;

Switch sides and hold crescent lunge with your left foot forward for 15 seconds;



Prepare for **Stork Row**.

Attach an exercise band to a low point, such as a sturdy table leg. Hold the other end of the band in your left hand. Stand on your right leg and face the table. Kick your left foot back. Bend your right knee into a half-squat position and reach toward the table leg with your left hand. Straighten your right knee and pull your left arm back;

Begin with 10 repps with your left hand; Rest for 30 seconds;

Do a second set of 10 repps with your left hand; Rest for 30 seconds;

Perform 10 repps of stork row with your right hand; Rest for 30 seconds;

Do a second set of 10 repps with your right hand;

Wait for 10 seconds so Rhonda can talk;

Be sure to check out SKI Magazine on a news stand near you for all your skiing needs;