

This file was derived from an article in the November issue of Ski magazine using MynaTime for Mac OS X;
It can be exported to play on the Mac, Windows, or an iPod; Hush 1 second;

PART ONE. DEVELOP SMOOTH AND STEADY MOTIONS;

Hush 1 second;

To change the way you perform on the mountain, you must re-program your body to move in new ways. These dry land drills will train your neuro-muscular system for a flowing, efficient technique;

Begin with a Lateral Flex / Extension Hop.

Stand with your feet apart, knees slightly bent, abs tight. Hop up and land in a ski-turn position: left leg extended with your left foot resting on its inside edge, right foot under your midline and resting on its outside edge. Upper body facing forward and counterbalanced to the left. Hop up again, this time landing in the same position, but with your legs toward the right;

Do 10 repps to each side;

Rest for 30 seconds. Your upper body should stay in place, with your legs moving back and forth under you;

Do a second set of 10 repps to each side;

Rest for 30 seconds. This exercise develops independent leg coordination, upper/lower body separation, power and endurance including cardiovascular endurance, rotational mobility and balance;

Do a third set of 10 repps to each side;

Next perform the Weight-Plate Squat.

Stand with your feet shoulder-width apart, and hold a 10 to 25 pound weight plate with both hands straight out in front of you at shoulder height. Don't let your shoulders round forward. Contract your abs, and squat as low as you can;

Hold the squat for 5 seconds;

Push up through your heels, back to the starting position;

Return to Squat position; Hush for 5 seconds; Return to the starting position;

Squat number three; Hush for 5 seconds; Return to the starting position;

Squat number four; Hush for 5 seconds; Return to the starting position;

Squat number five; Hush for 5 seconds; Return to the starting position;

Squat number six; Hush for 5 seconds; Return to the starting position;

Squat number seven; Hush for 5 seconds; Return to the starting position;

Squat number eight; Hush for 5 seconds; Return to the starting position;

This exercise works core stability, leg strength and endurance, hip, knee and ankle mobility;

Perform the Crossover tap-down.

Stand on a sturdy 18-inch box, bench or step with your arms outstretched in front of you at shoulder-height. Cross your right foot behind your left leg and lower it to the floor on the left side of the bench. Tap the ground lightly and use your left leg only to pull yourself back to the starting position;

Do 8 repps tapping with your right foot;

Immediately switch sides and do 8 repps tapping with your left foot;

Prepare for Level-headed side-step.

Stand with your feet hip-width apart and drop into a half-squat with your hands together and arms out in front your, elbows slightly bent in a ski tuck. Keeping your upper body still and your head at a level height, quickly step side to side, bringing your knee up each time you step. Use a mirror to ensure your head stays level;

Continue for 15 seconds;

Rest for 30 seconds. This exercise trains your body to recognize the sensation of down-unweighting;

Repeat level-headed side-step for 15 seconds;

Rest for 30 seconds;
Do a third set of level-headed side-step for 15 seconds;

PART TWO. DEVELOP POWER THROUGH EDGING.

Use these exercises to develop speed, stability and range of motion necessary for counterbalancing and putting your skis on edge early in the turn;

Grapevine.

Stand with arms outstretched to either side. Rotate your hips as far as you can to the right, crossing your right foot in front, and to the left, of your left foot;

Keep your shoulders facing forward as much as you can throughout the drill;

Shift your weight to your right foot, and swing your left foot behind your right, planting it in front and to the left;

Swivel your hips to the right, and swing your right foot behind and to the left of your left foot;

Swing your left foot in front and to the left of your right foot;

Continue to repeat this pattern as quickly as possible for 10 seconds in the same direction;

Reverse direction for 10 seconds;

Rest 1 minute. This exercise works hip and spine mobility. Agility. Coordination. Upper-lower body separation, and cardiovascular endurance;

Do a second set beginning with 10 seconds in the original direction;

Reverse direction for 10 seconds;

Rest for 1 minute;

Do a third set, moving in the original direction for 10 seconds;

Reverse direction for 10 seconds;

Alternating ball plank pulls. Start in a plank position with your shins on an exercise ball and your palms on the floor in front of you. Pull your legs and the ball forward and to the left as far as you can. Roll the ball back, and repeat to the right for one repp;

Perform 8 repps of ball plank pulls; Rest for 30 seconds;

Perform a second set of 8 repps of ball plank pulls;

One-legged Swami Stretch. Stand on your right foot and cross your left ankle over your right knee. Press your palms together in prayer position in front of your chest and sit back as far as you can in a squat position;

Hold for 15 seconds;

Switch legs, crossing your right ankle over your left knee and sitting back into a squat position; Hold for 15 seconds;

Switch to left ankle over right knee; Hold for 15 seconds;

Switch to right ankle over left knee; Hold for 15 seconds;

For the third and final repp, again place your left ankle over your right knee and sit back into a squat position;

Hold for 15 seconds;

Switch to right ankle over left knee for the final time; Hold for 15 seconds;

To Perform the **Flying Hip Twist** lie on your back with your arms outstretched and your legs extended straight above you. Keeping both shoulders on the ground and your abs tight, lower your legs as far as you can to the right. Use your abs to pull them back up, then repeat to the left for one repp;

Perform 10 repps of Flying Hip Twist;

Rest for 30 seconds;

Perform a second set of Flying Hip Twist;

This exercise works on Hip and Spine mobility, abdominal strength and upper-lower body separation;

Hush for 30 seconds;

PART THREE. TURN ANYTIME, ANYWHERE;

These exercises help you to think of your upper and lower body as independent units, and develop the lower-body agility you need for quick, powerful turns;

Shuffle Box Drill. Mark a 10 by 10 foot square on the floor. Start at the front left corner and drop into a half-squat position. Shuffle sideways as quickly as possible in the following pattern. Tap the corner with your outside hand before changing direction;

Starting from the front left corner move to the Front right corner; Hush for 3 seconds;

Diagonal to back left corner; Hush for 3 seconds;

Back right corner; Hush for 3 seconds;

Diagonal to front left corner;

Rest for 30 seconds;

Repeat the sequence again. Front left corner, to front right corner, diagonal back to rear left, across to rear right, and diagonal back to front left; Hush for 10 seconds;

Rest for 30 seconds;

Repeat the for a third time; Hush for 15 seconds;

Rest for 30 seconds;

Repeat for the fourth and last time; Hush for 15 seconds;

Side Plank Knee Lift. Get in a side plank position, your weight supported on your right elbow and the outside of your right foot. your body in a straight line from your head to your feet. Put your left hand on your left hip. Bend your left knee and bring it upward toward your left elbow with the sole of your left foot facing the inside of right leg. Lower your left leg back to the starting position;

Do 8 repps without letting your hips sag;

Switch sides and prepare on your left side; Hush for 5 seconds;

Do 8 repps on your left side, flexing your left knee;

Stair Sidestep. Stand at the bottom of a staircase with the stairs to your right side. Step up sideways with your right foot, followed by your left. Continue that pattern as quickly as you can up 10 steps and back down;

Hush for 20 seconds;

Rotate to stand with the staircase to your left. Repeat the one step at a time climb for 10 steps and back down;

Hush for 20 seconds;

Rest for 30 seconds;

Repeat the climb with the stairs to your right;

Hush for 20 seconds;

Repeat the climb with the stairs to your left;

Hush for 20 seconds;

Single-leg Hip Twists. Stand on your left foot. Tie one end of an exercise band just above your right knee, and tie the other end to a point to your right at hip level. Lift your right knee so your thigh is parallel to the floor and there is tension on the band, then pull your knee as far as you can across your body without rotating your torso;

Perform 10 repps slowly;

Switch legs so the band is around your left knee. Pull the left knee away from your body without rotating your torso;

Perform 10 repps;

Turn your body so the band is tied to your left. Attach the band to your left knee; Hush for 10 seconds;

Perform 10 repps pulling toward your body;

Switch the band to your right knee; Hush for 10 seconds;

Perform 10 repps pulling your right leg away from your body;

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