



Dryland Performance Training for Skiing **Movement Considerations**

- ***Work into things slowly.*** Try to focus on feeling the movement through all the joints and muscles involved. Perform each exercise as completely and deliberately through the available motion as possible.
- ***Concentrate on your weight transfer*** from one leg to the other as you perform each activity. Part of each exercise is the movement and part of it is the ability to control the transition from one “ski” to the other.
- ***Shorten the amount of movement*** used with each exercise initially and gradually increase as you improve. This may be from repetition to repetition or class to class depending on how you progress.
- ***The trunk needs to be able to bend evenly to each side*** as if you are performing an oblique crunch with each turn. This happens in coordination with other motions (i.e. wrist motion for pole planting)
- ***The hips and pelvis have to shift back and side-to-side*** as you move from one leg to the other with good shock absorption and your trunk counterbalancing.
- ***The knee needs to be able to travel forward*** with a planted foot in order to stand in your ski boots and turn effectively. Pay attention that your foot stays flat and your shins move forward in relation to the fixed foot with a lot of these exercises.
- ***The ankle needs to be able to flex*** adequately or the body will get pushed backwards and promote a back-seat position.
- ***The toes, especially the big toe, should lightly grip*** (or “steer”) the bottom of your shoe when the foot is flat and in your ski boot to aid in initiating a turn. Actively grip the toes when performing these exercises as if going from edge to edge.
- ***Breathing properly is an important part*** of any exercise regime.
 - Inhale through the nose and exhale through lightly pursed lips whenever able.
 - Exhalation should be a little more than the inhalation as this helps to recruit your core (abdominals and pelvic floor) muscles more.
 - Concentrate on exhaling with the effort phase of any exercise. For example, when doing a squat, exhale as you are lowering and continue to exhale as you come back up, inhaling as you near the top then lower again.