

Snow Fitness

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SNOWFITNESS

By Manuela Berchtold

DUAL Olympic Manuela Berchtold retired from being a competitive mogul skier 10 years ago to set up High Country Fitness in Jindabyne. Last year she launched Snow Fitness, an on-line training system to have its participants in the best possible shape for skiing and snowboarding.

Here Manuela shows us some of her favourite Snow Fitness exercises to get you ready for your time on snow

IN GENERAL

A strong core is essential for some positions you will find yourself in on snow. Full body movement exercises are essential to replicate for time on snow as they will assist in reducing the chances of injuries. All these exercises will keep you on snow longer with less fatigue to make your snow day more enjoyable

1 Squat - Tuck Challenge - the snow fitness way

This is our signature exercise. It works all the main leg muscles (quads, hamstrings and glutes) at the same time. On snow, we spend a lot of time in this deep squat position so getting used to it and working through this range of motion is a must to feel strong on snow.

- Place feet hip width apart
- Take a squat position at a depth that challenges you
- Activate your core and look just ahead
- Hold it and feel the burn in all the right places



2 Squat - with combo lifts - side and butt

It is so important to be strong in the legs, around the hips and butt. This is a great squat combo exercise that targets all the right places. It's a compound exercise, using several muscles and joints at the same time.

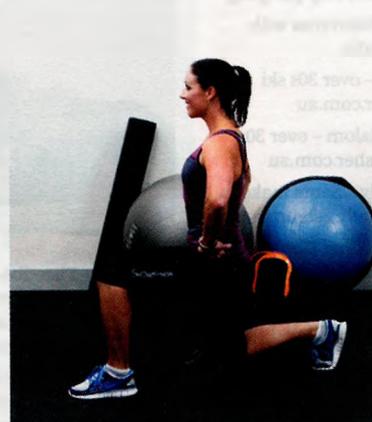
- Place feet hip width apart
- Squat down with your butt leading the way
- As you lift with your chest leading the way, lift one leg to the side
- Place foot down, Squat down again on both feet
- As you lift, lift that same leg to the back
- Place both feet down and repeat everything on other side



3 Lunge - Static

Lunges deliver fast results and use several muscles and joints. They really are one of the best overall leg and butt strengthening, shaping and toning exercises you can do.

- Take the feet long and wide for stability and ease of movement
- Lift the back heel to be on the ball of the back foot
- Be sure to keep the knees in line with the big toes and keep the front knee above the front ankle
- Lunge straight down until knees are both bent at 90 degrees and then return to start
- Complete entire set on one leg, feel the burn in the muscles and then repeat on the other side



4 Squat - Hold Low - side leg tap

Working in a squat range that challenges you will strengthen you in all the right places to get you out of trouble in a tricky spot on your skis or snowboard.

Adding the element of needing to shift the body weight, whilst in the squat and lifting the leg is a challenge worth doing.

- Place feet hip width or just slightly wider
- Take a squat position at a depth that challenges you
- Stay low with your core activated and your chest as tall as possible
- Rock body weight onto one leg as the other leg reaches out to the side to tap
- Repeat on the other side



5 Supine Bridge

A great exercise for predominantly the posterior chain of the body, incorporating the quads at the front of the legs, hip flexors and entire core to assist the exercise. Having a strong core is crucial to having a more enjoyable and productive time on snow.

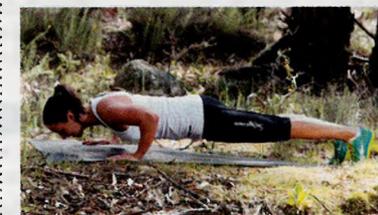
- Lie on your back, feet hip width apart on floor with a 90 degrees bend in the knees
- Activating the entire core
- Lift the body up as one unit creating a long, straight line from your knees, to hips to front of shoulders
- Squeeze at the top for a moment before returning to the ground, then repeating



6 Push Up - And Rotate

Let's face it, falling is often part of your day on snow. This is a great exercise to not only prepare your body to take a fall, but also to safely and effectively get back up. A push up is a movement we do often when getting up from a fall and more often than not, our body will need to do some sort of twist or rotation move to get us out of the position we find ourselves in.

- Take push up position on your knees or toes
- Keep your body moving as a strong unit
- Take a push up and as you push up, rotate to one side
- Repeat on the other side
- Keep your core activated and strong



TO GET STARTED

As there are so many different fitness and strength levels out there, try either of these options and put these exercises to work for you.

Remember to always do a warm up, cool down and a stretch

- 1 - Sets and Reps - Do approximately 20 - 25 repetitions of each exercise 3 - 5 times with a short rest in between.

- 2 - Make it a fun Circuit - Complete 30 - 45 seconds of each exercise continuously, then rest for 1 - 2 minutes then repeat.

Repeat entire circuit 3 - 5 times to give you a nice little workout.