

Health



FITNESS FILES

Ski Patrol

Before hitting the slopes this winter, tackle these exercises three times a week to improve balance and strength—and prevent vacation-ending tumbles, says trainer Stephanie Levinson, who created the new Aspen Ascent class at Sports Club/LA.

■ SWEEPING SQUAT

Stand feet hip-width apart, holding 5- to 8-pound dumbbells. Sit back into a low squat with weight on heels. Now sweep arms to the sides, then stretch to the sky. Keep standing on slightly bent right leg as left leg lifts out to the side. Return to original squat position, placing weights on floor. Repeat same side without weights. Repeat all on right side. **Focus on:** Core, quads. **Do:** Eight sets on each side.

■ FALLING ABS

Lie on back, head and neck two inches above floor, hands behind head, knees bent, feet flat on floor. Place paper plates (if you're on a carpet) or towel (if on a wood floor) under heels. Lift chest up to knees as you would in a crunch. Then, as upper body returns to ground, straighten knees as feet slide out. Return to starting position and repeat. **Focus on:** Core, glutes, hamstrings. **Do:** 20 to 50 reps.

■ PUSH & PLANK

In a push-up position, grasp 2- to 5-pound weights. As you push up, shift to left arm and twist to right side into a side plank, raising right hand with weight up to sky, feet on floor. **Focus on:** Core. **Do:** Eight to 12 reps on each side.

