

SELF

Fitness

5 Strengthening Moves for Winter Sports

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By Bari Lieberman

These moves prep you with the strength, balance and endurance for any snow sport, says trainer Stephanie Levinson, who created the toners for the Aspen/Ascent class at The Sports Club/LA.



Bill Diodato

Easy Glider

Stand with feet hip-width apart, a 5-pound weight in each hand in front of you, elbows bent, palms facing each other. Squat. Stand and sweep left leg to side, and raise arms overhead (as shown). Return to start. Do reps. Switch legs; repeat.

- works shoulders, arms, butt, legs; builds balance



Quad Touch-Back

Start on all fours. With a flat back, extend left leg and right arm in line with body so both are parallel to floor. Look over right shoulder, bend left knee 90 degrees, so heel is pointing toward ceiling, and touch right hand to left foot (as shown). Return to extensions. Do reps. Switch sides; repeat.

- works legs, back, obliques



Plyo Push-Up

Start in push-up position on knees, a towel beneath to cushion them. Bend elbows, and lower until chest is 6 inches above floor. Contract abs, and forcefully push off palms, propelling body off floor as high as you can (as shown). Drop gently back onto hands; do reps.

- works arms, back, abs
- enhances wrist stability



Sliding Abs

Lie faceup with hands behind head, elbows out, legs extended with a gliding disk or paper plate under each heel. Engage abs, and lift shoulders off floor as you slide heels toward butt (as shown). Return to start. Do reps.

- works back, abs, legs



Pole Position

Stand with feet hip-width apart, a weight in each hand at shoulder height in front of you, palms facing in, to start. Lunge back with right leg (as shown), and draw a circle with arms, bending elbows to swoop hands down to hips, up along rib cage and back out to front. Return to start. Repeat on opposite side for 1 rep. Do reps.