



DECEMBER 2011

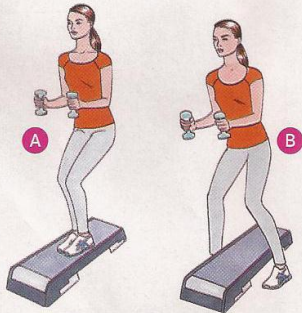
SHAPE YOUR LIFE **FITNESS**

# Peak Performance

◆ Swimsuit season isn't the only one worth shaping up for: "Strengthening your core and lower-body muscles will help prevent injuries and increase your endurance on the slopes this winter," says Stephanie Levinson, creator of Aspen Ascent, a new class at The Sports Club/LA that's designed to prepare you for skiing and snowboarding. "And because going downhill requires stability and quick turns, boosting your balance and agility is also crucial." Add these three moves to your routine now so you can enjoy the powder without the pain.

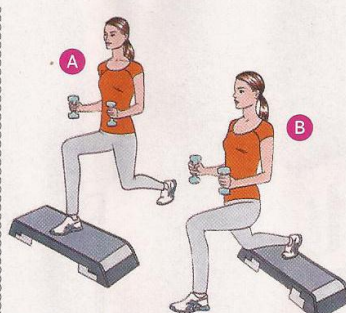


To carry those skis with ease, work your upper body too!



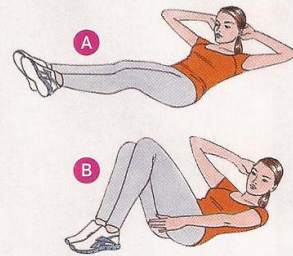
### Chairlift Squat

**WORKS LEGS AND BUTT; IMPROVES AGILITY**  
Hold a 2- to 3-pound dumbbell in each hand, elbows bent 90 degrees, and palms facing each other. Stand on a bench or step with feet together, and squat halfway **[A]**. Step down with right foot to the right and left foot to the left **[B]**, then jump up to starting position; repeat. Continue for 45 seconds, alternating starting leg, to complete set. Do 2 sets.



### Ski Lunge

**WORKS LEGS, BUTT, AND CORE; IMPROVES BALANCE**  
Hold a 2- to 3-pound dumbbell in each hand, elbows bent 90 degrees and palms facing each other, and stand in the center of a bench or step with feet hip-width apart. Lunge back with left leg **[A]**, then push off right foot as you lunge forward with left leg **[B]** to complete 1 rep. Do 10 reps, then switch sides to complete set. Do 2 sets.



### Side-Touch Crunch

**WORKS ABS**  
Lie faceup with hands behind head and legs extended on the floor in front of you. Lift head and shoulders, and raise legs 45 degrees from floor **[A]**. Pull knees in toward right elbow as you reach left hand toward left foot **[B]**. Return to starting position and repeat on opposite side to complete 1 rep. Do 3 sets of 10 reps.