

# Fit for Skiing workout

This workout will help you to develop those muscles required for skiing, but on the **fit** few days on the slopes, take it easy or you will run the risk of feeling very sore for the rest of your holiday.

## Using equipment:

### Treadmill

- 5 minutes
- Warm-up, take it easy

### Stepper

- Workout for 5 -15 minutes
- Moderate pace, not too fast

### X-Trainer

- 5 - 20 minutes
- Start to push yourself harder

### Bike

- Cool down for 5 minutes



**Squat Jumps** (above)  
• 15 repetitions



**Hamstring Curls** (below)  
• 15 repetitions



**Multi-directional Lunges** (left)  
• 15 repetitions per leg



**Twisted Sit-ups** (left)  
• 12 repetitions each side



**Side Lunges** (above)  
• 15 repetitions per leg