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## *Ski-Fit-modified Tabata-style Repeats*

*Winter Olympic Sports Physiotherapist Simon Ruse from Altitude Physio in Thredbo and Falls Creek has designed an efficient conditioning program that will help you prepare for winter sport – either skiing or snowboarding. Preparation is essential so that you can make the most of your snow time and prevent injury.*

### **The 4 Key benefits**

1. Improved endurance to last longer on the snow and reduce the risk of injuries at end of day.
2. Ski and snowboard specific muscle strengthening and conditioning to reduce muscle soreness.
3. Improved foot speed and coordination to improve reaction time.
4. Being less tired at the end of the day so you can enjoy the Après-ski!

### **The program design**

Ideally, a preseason program should be personally tailored, however there are a number of fundamental exercises that can be included in most programs. Simon has selected some of his favourites for this Tabata-influenced program. Most of these exercises can be performed at home or in the park with minimal equipment/expense. For best results the circuit program can be completed twice to three times through and repeated 3-4 times weekly.

### **Prerequisites**

To participate in this program should have reasonable fitness. You should be able to do five press-ups, squat without significant pain and cope with abdominal curl ups.

If you have an injury, you are advised to consult a sports physiotherapist such that you understand your diagnosis and its constraints.

If you do not exercise regularly it is recommended that you see your doctor before participation. Other than that, you have to be sensible!

### **Tailoring the exercises program to you**

The program runs for six weeks and should conclude in July when most people visit the snow for the first time. The volume of exercises can be tailored to your fitness level – much like cooking, once you know the basic ingredients you can spice things up to suit your taste. For example, if you are fit and cross training with another sport, you may attempt to do three sets of the circuit. If you are a beginner you may start with one or two repetitions initially and progress to 3 or 4 over a 6 week period.

If you have some joint issues that don't tolerate the exercises, then you are best advised to modify the exercises such that you don't aggravate your condition. Your physiotherapist can help you with exercise modification.

Should you have an injury or other health concerns, it is sensible to consult with your physiotherapist or doctor before commencing.

### **Simon Ruse**

APA Titled Sports Physiotherapist  
OWI Sports Physiotherapist  
Private Practitioner and Practice Principal at:

**Altitude Physio** Thredbo, Falls Creek & Furano  
and **Fluid Physio+Gym** Yamba.



## Ski-Fit-modified Tabata-style Repeats

Improve your skiing performance and enjoyment with this simple and efficient exercise program. 8 exercises, 20 seconds each exercise, 10 seconds rest between each. As many rounds as you want (we suggest between 2-4). Choose the level that you want to work at. The images below are for level 2 (intermediate level) exercises. Levels 1&3 can be found on our Facebook Page: <https://www.facebook.com/altitudephysio/>

### Exercise List

#### LEVEL 1

- Sumo Squat
- Step back Lunge
- Calf Raise
- Push-ups
- Abdominal Crunch
- Lateral Bounding
- Bride
- Step-ups

#### LEVEL 2

- Goblet Squat
- Lunge and Twist
- Calf Raise
- Push-up on single leg
- Abdominal Roll-up
- Lateral Bounds
- Single leg bridge
- Box jump or tuck jumps

#### LEVEL 3

- Dumbbell Thruster
- Jump Lunges
- Weighted Calf Raise
- Tricep Push-up
- V-sit
- Lateral bounds
- Single leg bridge on box
- Box jump with single leg landing

### Level 2 Exercises



#### 1. Goblet Squat

Wide stance, weight through heels. Keep knees wide. Don't let the knees fall in or drive forward in front of the feet. Drive the upwards movement from the buttocks and thighs.



#### 2. Lunge and Twist

Step forward into a lunge so both knees form a 90 degree angle. Pause there and rotate your upper body over the forward leg. Return to the lunge position before standing again.



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### 3. Calf Raise

Start with heels off the back of a step. Raise your body up onto your toes, lower your heels behind the step for a count of 2 and repeat.



### 4. Push-up on single leg

Start in a strong 'plank' type position with abdominals and buttocks contracting while one leg is off the ground in a horizontal position. Keep a strong body position as you do the push-up from fists or flat hands.



### 5. Abdominal Roll-up

Use your arms by moving them quickly from behind your head. This will help you through the part of the roll-up where sometimes get stuck. Roll-down a little slower. Keep your lower back feeling comfortable.



### 6. Lateral Bounds

Aim for stable single leg landings and powerful take-offs as you jump as far as possible from side to side.



### 7. Single leg bridge (10s L and R)

Use your buttocks to drive your hips up and off the floor. Keep the other leg bent up over your hips to protect your lower back



### 8. Box jump or tuck jumps

If you don't have access to a suitable structure to do a box jump, just do repeated tuck jumps at pace. Make sure you stand up once you've landed your box jump, before stepping down.