

# 5 Exercises for Winter Sports

## Forward lunges

*Leg strength and endurance*

Starting with feet hip-width, take a step forward while bending at both knees until lead leg is at 90 degrees. Press back off front leg into starting position. For those with bad knees or beginners, take a step backward. To increase difficulty, try a walking lunge, where you are maintaining forward or backward movement.



## Side lunges

*Leg strength and endurance*

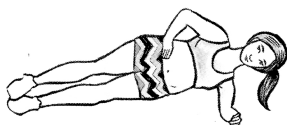
Starting with feet hip width, take a several-foot step to the side, keeping your starting leg straight and bending your lead leg while keeping the knee behind the toes. Press back to starting position and alternate sides.



## Planks

*Core strength*

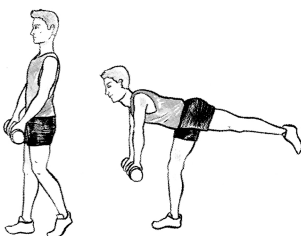
From your knees or toes, place your forearms on the ground underneath your shoulder joints. Press yourself up so your body is off the ground and as straight as possible. Hold this position. For a side plank, place one forearm on the ground underneath your shoulder joint. Press yourself up from the knees or the side of the feet for more difficulty. Hold this position. Both of these exercises are performed for time. Start at 10 seconds and work your way up. Hold on each side for the side plank.



## Single-leg lift

*Lower-body strength and stability*

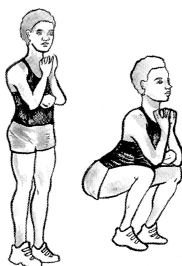
Starting by balancing on one foot, slowly lean forward while keeping your back straight and chin down. The goal is to allow the body to move over the hips while maintaining balance, keeping a straight line from head to foot. Begin with your body weight and add dumbbells in one or both hands to increase difficulty.



## Squats

*Leg strength and endurance*

Start with your feet hip-width, and squat down with hips back and knees behind toes. Adjust the distance between your feet based on hip mobility and strength. Add a barbell or dumbbells on the shoulders to increase difficulty.



Illustrations by Tessa Hullis