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Skiing, whether downhill or cross-country, is an intense sport that requires building power, speed, endurance, strength and stability. BOSU® exercises are ideal to achieve these fitness goals as the dome provides an unstable surface for strength and cardio exercises that mimic unpredictable skiing conditions. This is optimal in helping to prepare the body for changing weather, thus every repetition and outdoor training session is different.

BOSU helps the user engage the core, while adjusting to balance challenges. Therefore, although an exercise may be cardio-focused, the core is challenged as the “power center” must remain braced and stabilized throughout the movement.

Aerobic endurance is vital for skiers, especially competitive ones, to push through fatigue and reach optimal performance. In addition, skiers need strength and stability to keep the body in proper alignment while reaching top speeds. Power is especially crucial for those who integrate flips and tricks when soaring through the air. Whether you train one-on-one or in a group setting, below are some beneficial and effective exercises for ski

conditioning clients and classes.

BOSU Planks Ups

This exercise strengthens the upper body and core musculature while maintaining stability into the lower body. It’s excellent for skiers who need to strengthen the core while maintaining stability with extended arms when sticking the poles into the ground.

How to Perform: Start into a plank position on the forearms. Brace the core and extend right arm to place the right hand on top of the dome. Continue to lift onto the left hand. Slowly, lower onto your right forearm and then onto the left forearm. Complete a set of 10 reps with the right arm leading, followed by a set of 10 with the left arm leading. Repeat twice.

BOSU Moguls

Mogul hops are effective to increase cardiovascular endurance while challenging balance on an unstable surface, thus creating each move to become unpredictable when the feet land on the dome. This is helpful in cases where the skis transition between a more powdery to an icy patch, so the body can remain upright and balanced.

How to Perform: Stand on top of the dome with elbows bent at 90º and a soft bend at the knee. Slowly, lower the legs slightly to load the movement and accelerate as you hop a quarter turn to the right. Load, and quarter hop to the left. Continue hopping right and left. Complete two sets of 30-

second bouts. To increase the balance challenge, stick the landing for three seconds before jumping to the other side (rather than working for speed).

BOSU Squat With Medicine Ball Rotation

This exercise increases isometric strength in the legs while vertically training the core. It's ideal for skiers to maintain core strength and mobility while keeping the legs in a stable position (which is similar to when a pole gets caught—the torso may slightly rotate without dragging the whole body down).

How to Perform: Stand on top of the dome and place feet hip-width apart. Hold a medicine ball, or dumbbell, in both hands and lower the hips into a squat position. Slowly, rotate the torso to the left while bringing the ball to

the left side of the body. Rotate to center and push the ball in front of the body while rotating toward the right. Continue rotating from right to left. To better maintain balance, keep the face forward and eyes on a focal point. Complete two sets of 20 (10 rotations on each side of the body).

BOSU Bulgarian Lunge

This is a powerful lunge to strengthen the lower body into a single-legged pattern stance, which also triggers a balance challenge. Perfect for cross-country and skate skiers who must remain balanced and stable with one foot consistently off the ground.

How to Perform: Place the ball of your right foot on the dome with the left leg in front, hip-width apart. Either keep hands on hips or work with “running arms.” Slowly, lower the back leg while loading the front leg (knees will bend toward the 90º angle). Continue the bend-and-extend at

the knees motion. Complete two sets of 30 seconds on each leg.

BOSU Squat Touch and Reach

This exercise strengthens the legs while maintaining mobility into the upper torso. The skier can then move and build strength throughout the concentric and eccentric phases of the squat, which is perfect when a skier lifts off of, or lands on, the surface.

How to Perform: Stand on top of the dome with feet hip-width apart and arms overhead. Slowly, lower into a squat and reach left hand down to touch the dome while keeping the right arm overhead. Track the top hand with your eyes and allow the torso to rotate naturally with the position. Return back to center and squat, reaching the right hand onto the dome with the left arm overhead. Track the left hand with the eyes. Continue to squat and alternate hands touching the dome. To make the exercise easier, keep head forward and eyes gazing at a focal point on the floor. Complete two sets of 20 reps (10 touches with each hand).

BOSU Dome Jumps

This exercise increases power and balance as the body propels and lands on an unstable surface. It trains the skier to incorporate powerful bursts and stability while landing from launched positions.

How to Perform: Stand about 1 foot behind the dome with feet hip-width apart. Lower the body into a squat position to load the movement. Accelerate and jump up and forward to land on the dome. Once landed, hold for 2 to 3 seconds to challenge balance, and either step or jump off the dome. Complete two sets of 30-second bouts. **AF**

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