

## ONE-LEG STANDING EXERCISE



**One leg standing exercise**



**Increase strength and flexibility**



**Make it a family affair**

### Pre-Season AND In-Season Conditioning Exercise

**To avoid that feeling of sore**, tired legs on the day after your revolving carpet lessons/workouts, and even more importantly, in the morning of the second day on your vacation, try adding the exercise below to your pre-season AND in-season conditioning routine.

#### ONE-LEG STANDING EXERCISE:

Hold on to a chair, table, wall, tree or almost anything else with one hand for balance. Stand on one leg with your knee bent approximately 30 degrees (1/3), which is about 4 to 6 inches forward of your toes under your forward bent knee (NOTE CENTER PHOTO ABOVE). Hold this position without moving for approximately 15-30 seconds at first. Gradually increase the time 5-15 seconds every few days, until you can hold the position for 2 minutes. Repeat this exercise at least 3 times per day on each leg.

#### **Benefits:**

**You are strengthening your quadriceps** muscle group- one of the most active muscles used in skiing and snowboarding. The one that burns sometimes halfway down a long run down the mountain, and/or halfway through a lesson on our revolving carpet.

**You are establishing good muscle** memory by reinforcing a forward flexed position, similar to the one in skiing & snowboarding.

**You will also increase your skill** of balance, as balance, like all skills, will improve with practice. A lot of the time in skiing & snowboarding we balance most of our weight on one foot or the other. This simple exercise will help improve your skill at balancing on one foot, which should help improve your balance while in motion on skis & snowboards.

#### **Bonus Benefit:**

**As you will perform this exercise** on both legs, notice on which leg do you balance easier/better??

**Did you ever wonder why you** can turn one way easier/better than the other (left vs. right)??

**We all have a dominant side** that has more balance and is stronger (ie. left handed vs. right handed dominance). With practice and quality mileage, we can minimize the difference.

**Try performing this exercise** for 8 weeks (minimum) doing at least twice as many repetitions per day more on your weaker side. (6x per day on weaker leg AND 3x per day on more balanced leg)

**After 8 weeks, check your balance** on each leg. Notice any improvement?  
Now, take it to the mountain!! I hope this snow season is your best!!!