

SKI FIT

EXERCISES WALL CHART



One question we get asked a lot here at Rayburn Tours is how important is it to be 'ski fit' when you depart for your trip?

Being 'ski fit' not only makes the first few days of your trip more enjoyable, it also greatly reduces the risk of strain on your muscles and injury.

We've developed this handy wallchart for you to put up in your sports hall to show how a quick plyometric training programme can help you become 'ski fit' for your ski trip.

Aiding enhanced agility, speed and power, this programme of exercises will help you get fit for the slopes in no time!

Simply perform this routine 2-3 times a week for 10 minutes a time...



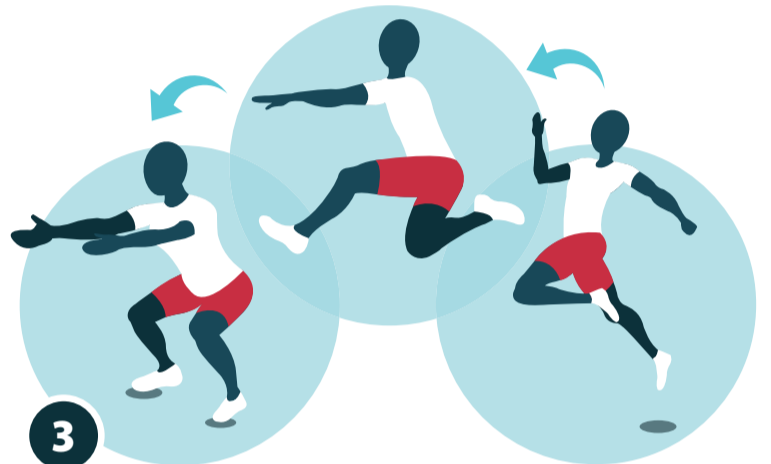
1

Warm Up



2

Squat Jumps



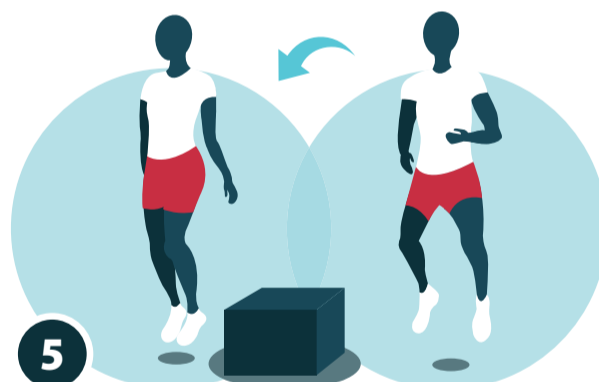
3

Repeated Long Jumps



4

Power Skipping



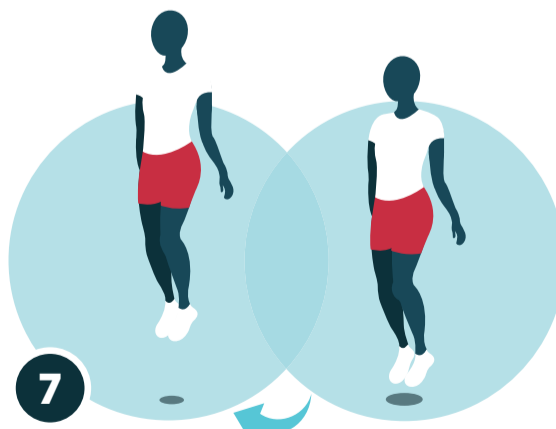
5

Diagonal Obstacle Jumps



6

Alternative Leg Bounding



7

Straight Leg Hops



8

Warm Down

Please note: It is recommended to check with your doctor before starting any physical fitness programme.