

Coaching conference (18 July 2026): Ros's ski-specific strength and fitness exercises

1. Warmup

- Mobility (2-3 mins): neck twists, shoulder rolls, arm circles (each arm), wrist rotations, torso rotations, hip rotations, leg circles, ankle rotations.
- Pulse raiser (5 mins, i.e. 2 x 30 secs each exercise): march on the spot, overhead raise + knee lifts, butt kicks + chest opener, heel taps with bicep curls, reverse lunge alternating legs and reach in front (and/or any other aerobic moves you can think of).
- Dynamic/prep stretches (3 mins, 10 reps each stretch): arm swings, chest hugs, slide hand down legs, leg swings forward/back, leg swings side to side, open/close the gate, calf raises.

2. Lower body exercises working principally glutes, hamstrings, quads and adductors; try 10 reps

- Goblet squats with DB or plate
- Side squat with DB or plate
- Reverse lunges either bodyweight only or with a small weight in each hand (e.g. DB or plate)
- Lateral walk squat (walk for 5 steps one way, then 5 steps the other way, keeping knees bent throughout), just body weight.

3. Upper body exercises working principally pecs, deltoids, triceps, biceps, traps, lats; try 10 reps

- Bent over row with DBs – bent position hinged at waist
- Standing shoulder press with DBs
- Standing bicep curls with DBs
- Tricep row and kickback with DBs, single arms - bent position hinged at waist.

4. Core exercises working abdominal and back muscles; best done SLOWLY

- Walk out to plank, hold for 5 secs, then back to standing (try 5 reps)
- Bird dogs: opposite arm and leg raised out of table top position, keeping hips still at all times (try 10 reps, holding lengthened position for 3 secs)
- Dead bugs: opposite arm and leg going down out of vertical starting position (try 10 reps)
- Abdominal curl-ups with hands under spine, one leg bent (swap these over after 10 reps) and raise shoulders off mat for count of 2 up and 3 down.

5. Balance exercises; how long or how many can you do before losing balance?

- BOSU ball: bodyweight goblet squats with random arm movements OR catching a ball
- Balance cushion: try one-legged balance in either diagonal stride or skate position
- Swiss ball: seated balance raising same foot and same arm up at a time, OR cat balance with hands and knees on ball, OR kneeling balance with someone to hold hands in first instance.

6. Cooldown

- Pulse raiser (5 mins, i.e. 2 x 30 secs each exercise): march on the spot, overhead raise + knee lifts, butt kicks + chest opener, heel taps with bicep curls, reverse lunge alternating legs and reach in front.
- Static stretches (10-15 secs each): (all standing except for glute stretch) shoulder stretch, bicep stretch, chest stretch with hands in small of back, hamstring stretch, quad stretch, calf stretch, glute stretch on floor.