

## HOW CAN PILATES HELP YOUR SKIING?

Winter is around the corner and so is the ski season. We want to make the most of the ski season getting in as much time on the slopes as possible. Letting injuries get in the way isn't an option. Preventative training before hand and during the ski season to help prevent injuries.



Side leg splits on the reformer. Strengthens gluteus medius.

For downhill skiing the main group of muscles that are used to perform the movement are in the lower body. In particular the groups of muscles used are hip muscles, hamstrings, quadriceps, glutes, calves and muscles in the feet. Work on the reformer is great for training the entire body including the

arms and legs. Reformer work allows for strengthening 'all around' the leg, i.e. quadriceps, hamstrings, adductors, abductors, glutes, both working on strength and muscular endurance.



Jumpboard on the reformer. Works quadriceps and abdominals. Exercise for plyometric training.

While the lower body is working to perform the movement what is the upper body doing? Without good balance, you'll fall over while skiing downhill. As a result the 'core' muscles need to be strong to maintain stability while skiing. These include the abdominal muscles, muscles of the spine and lower back and pelvic floor muscles. Matwork can be great for strengthening and working on stability the core and abdominal region.



Double leg stretch on the foam roller. Using the foam roller as a prop during matwork helps work on core stability, balance and oblique muscles.

Pilates is great for and overall workout but in particular for targeting the areas needed when skiing. Training deeper, smaller muscles to stabilize the body not just in the core region but also at the joints, will help make the ski season more enjoyable and injury free.

To find out more how Pilates and Pilates Patio can help you improve your skiing or overall skiing experience, please contact us at 613-422-3638 or [lanipilatespatio.com](mailto:lanipilatespatio.com)



346 Richmond Road  
Suite 205  
Ottawa, ON, K2A 0E8  
613-422-3638  
[lanipilatespatio.com](mailto:lanipilatespatio.com)  
[www.pilatespatio.com](http://www.pilatespatio.com)

