

PILATES FOR CROSS COUNTRY SKIING

Cross country skiing is not only a great way of enjoying the outdoors in the winter but also a nice full body workout. There are three main muscle groups used when cross country skiing, **upper body**, **core** (abdominals and back) and **legs**.

Upper body is used throughout the swinging action of the poles to push off the snow uses triceps (back of the upper arm), biceps (front of the upper arm), pectoralis major (chest muscles)

Diagonal cross country ski stride – biceps and triceps are used



Side leg splits on the reformer. Strengthens gluteus medius.

Skate ski technique- triceps are mostly used.

Pole planting technique – pectoralis major is used

Double pole planting technique – latissimus dorsi muscles are used

Lower body muscles, gluteus maximus (largest muscles of the buttocks), gastrocnemius (calf muscles), Sartorius muscle, rectus femoris (one of the muscles of the quadriceps group) are used during the constant pushing off with the legs to gain forward movement.

Skate skiing technique- gluteus maximus is used to extend hip and rotate leg outwards

Diagonal cross skiing technique-gastrocnemius muscle is used to plantar flex the ankle, "point toe", and to flex knee.

Diagonal and skate skiing techniques – Sartorius muscle (muscle running diagonally from upper part of outside of thigh to lower inside of thigh) is used to abduct leg, move leg away from body.

All lower body movements while cross country skiing - rectus femoris is used to flex hip and extend knee.

The **abdominal muscles**, the rectus abdominus extending from the ribs to the pelvis, are used quite a bit in cross country skiing, especially in the double pole plant technique.



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.

Matwork targeting the abdominals and the reformer used to target the lower body, arms and upper body.

A combination of reformer and matwork will help target all the muscle groups used most when cross country skiing. Matwork targeting the abdominals and the reformer used to target the lower body, arms and upper body.

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



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