

getting & staying **FIT**

Maintaining ski conditioning year round

Stretch slowly and never do any exercise that causes pain.

by Gene Fulkerson

This 10-minute series, created by yoga teacher Jillian Pransky, helps you get focused on your health. All you need is a yoga mat and two yoga blocks.



Mountain Pose

Strengthens: core, thighs

Lengthens: torso, spine Start in Mountain Pose, legs and feet together, heels slightly apart, and arms at sides with palms facing forward. Keeping spine long and shoulders rolled back and away from ears, spread toes and press all 4 corners of each foot into mat. Engage thighs and lower belly. Close eyes and slowly bring hands together at heart's center (shown). Hold for 3 breaths, fully inflating lungs and lightening upper body.



Standing Side Lean

Strengthens: core

Lengthens: sides of body, arms Sweep arms overhead and interlace fingers, except index and thumb (a). Gently squeeze arms toward ears. On an inhalation, press feet down, engage thighs, and stretch up and evenly over to right (b). On an exhalation, gather belly into back, press feet down, and return to

center. Repeat on left side. Do each side 4 times, then return to Mountain pose.



Mountain Pose-Chair Pose Flow

Strengthens: core, thighs, calves

Lengthens: torso, arms. Inhale and sweep arms up to sky, biceps alongside ears (a). On an exhalation, sweep arms down and behind body, bending knees and lowering hips. Inhale and reach arms overhead, biceps by ears with pinkies turned in toward each other, arriving in chair pose (b). On an exhalation, return to start. Repeat at least 10 times.



Warrior II Flow

Strengthens: thighs, shoulders, core

Lengthens: sides of body, arms. Extend arms out to sides at shoulder height and step feet apart so they're directly under wrists, outer edge of back foot parallel to back of mat and toes of front foot pointing forward. Bend front knee, lining it up over front ankle, and come into warrior II with palms up (a). On an inhalation, straighten front leg and sweep arms overhead, bringing palms together (b). On an exhalation, return to warrior ii. Repeat 10 times. Switch legs and repeat.



Downward-Facing Dog

Strengthens: shoulders, arms

Lengthens: back, hamstrings, calves. Begin on all fours, knees hip-width apart and hands slightly more than shoulder-width apart. Curl toes into mat. Push down into hands and toes, then pull belly in and lift hips to sky, straightening legs to come into Downward-Facing Dog (shown). Spread toes and actively lift heels to come onto balls of feet. Press down strongly through palms and balls of feet and draw belly in toward spine. Hold for at least 5 breaths.



Downward-Facing Dog-Plank

Strengthens: shoulders, core, arms

Lengthens: back, hamstrings, calves From Downward-Facing Dog, inhale and pull torso forward, coming into plank pose (shown). Lengthen spine and press heels to back wall, engaging thighs. On an exhalation, push down into balls of feet and hands, pulling belly to spine and lifting hips back into downward-Facing dog. Flow between downward-Facing dog and plank 5 to 10 times.

see page 16 for more...