

# BUILD YOUR POWDER LEGS

FITNESS

*Five ways to prepare for opening day on the slopes by Gene Fulkerson.*

At the end of every summer, as days get shorter and temps start to drop, many of the world's skier and snowboarders will realize that sitting around the pool and sipping frozen margaritas has left their legs weak and unsteady.

This can be a major concern for anyone that wishes to rip powder and not be the laughing stock of their friends on opening day.

Luckily for those that wish to rip, there are some sure-fire ways to get your weekend limbs back into fighting shape before the first snowfall of the season.

While many seasoned fitness nuts will tell you to hit the gym to get in the best possible shape for winter, we know that most snowboarders and skiers will avoid the gym like the plague, that's why you should focus on five ways you can dial in your legs for powder season in the field and in your home.

Follow these five steps to maximizing your turns this powder season.

## Bike Around Town



Bike everywhere, up hills, down hills and across flat terrain.

Biking is not only a great way to build up key leg muscles it also strengthens the knee offering great injury prevention and an excellent form of aerobic exercise.

Adding aerobic exercises to your fitness routine is ideal for anyone who likes those long leg burners.

## Practice Yoga



Yoga is not only a great way to build leg muscles and endurance, but also offers increased flexibility and core strengthening for better performance and injury resistance.

Some great yoga poses for snowboarding and skiing include High Lunge, Chair Pose and Warrior II.

## Change Your Diet



One great way to make sure you're firing on all cylinders is to maximize your diet leading up to the big day.

Sure this isn't technically a leg exercise, but you can use nutrition to build muscle and aid in recovery.

Eat lean proteins, lots of greens and watch the excess carbs, especially empty ones. If you stick to a beneficial nutrition plan, you will notice your legs kicking into an extra gear in deep snow.

## Hike and Scramble



One of the coolest ways to get in shape when leading up to a new season is by hitting the hiking trail. Not only does this build muscles in the thighs and gluteus maximus, but hiking in elevation can help acclimate the system to elevation.

## Skate More



While pushing to the convenience store for libation might seem like skating, getting into some nice transition, especially pumping through corners is probably the best way to replicate turning in deep snow.

Blast some heavy metal and pump until your legs are shaking. To maximize results wear a watch and time how long you can pump before getting pumped out. Try to add a minute each week leading up to opening day. ■

