

Don't Slip Up

◉ To prepare for slick slopes, U.S. Ski Team strength and conditioning specialist Ernie Rimer suggests doing single-leg eccentric drills like this one. By Cassandra Orton



REPEAT BOX JUMP SQUATS WITH RESISTANCE

Loop a Thera-Band or sport cord around your waist and attach it to a point at your right side so it's taut. Jump onto a stable 8- to 12-inch box or bench, landing on your left foot. Decelerate slowly when you land and lower into a single-leg squat, resisting the pull of the band. Step down and repeat. Do 15 reps on each leg. Then, attach the cord at your left. Do another 15 reps on each leg.

GEAR

GOOD VIBRATIONS When you stand on or hold onto the vibrating platform of the Power Plate—the centerpiece of a new fitness trend called acceleration training—minute oscillations trigger your muscles to contract up to 50 times per second. Incorporate stretches and dynamic exercises to further increase your muscles' workload. Suddenly, two sets of 10 squats feels like three sets of 20. "We use Power Plate training for skiers, including members of the U.S. Ski Team, to increase their strength and power, flexibility and mobility," says John Cole, director of human performance at the Ski and Snowboard Club Vail. A plate of your own would set you back a cool \$2,500. Luckily, they're popping up at gyms and wellness facilities around the country. To locate one and learn more, go to skimag.com/powerplate.



"ALPINE SKIING REQUIRES SINGLE-LEG BALANCE AND STRENGTH IN WHICH YOU PRODUCE FORCE THROUGH YOUR FULL RANGE OF MOTION." —ERNIE RIMER

Balance Stability on the Slopes

► Before you hit the slopes, work on your stability with these balance tools.

TOOL	► GOFIT STABILITY PODS	► CHANGO BALANCE PAWS	► CORE-TEX	► VEW-DO	► BALANCE BOW
TRAIN	Do squats or lunges while standing on the inflated rubber domes (like mini Bosus). Or kneel on all fours to challenge your balance and core stability.	Do squats, lunges, knee-lifts or jog in place while wearing the Paws, rubber half-domes you strap—dome side down—to the balls of your feet.	The deck floats on three ball transfers, so it can move in three planes at once. Its constant motion puts your body's receptors on constant alert.	A large deck and three bases let you teeter, wobble or roll and challenge your lateral and sagittal balance in two or three planes simultaneously.	A free-standing slackline makes for a dynamic, low-impact balance workout. Use the bow poles to work on single-leg stability exercises.
INFO	\$40, gofit.net	\$30, performbetter.com	\$575, functionfirst.com	\$150, vewdo.com	\$170, ironwearfitness.com