

# Before Skiing Warm Up

I found this workout posted in Ski School, so I thought I'd share it here.

## Achieving Peak Performance In Your Skiing

It is important to complete a dynamic warmup before skiing in order to get the leg muscles opened up and activated.

Example warmup exercises:

1. Knee pulls
2. Quad pulls
3. Lunges
4. Figure 4 pulls
5. Frankenstein kicks
6. Squats
7. Calf raises
8. Toe raises
9. Shoulder circles (forward and backward)
10. Lateral leg raises (while standing)
11. Glute bridges (on ground)

Overall, spend 5-10 minutes preparing your body for skiing. The more muscles you activate in your warmup, the more muscles can be used during your ski day. The more muscles you utilize during your ski day, the more control you will have over your movements.

Original article: <https://www.skiwithtony.com/before-skiing-warm-up/>