



# DAILY WARM UP ROUTINE

GET YOUR 'SKI FEET' GOING EACH DAY SO YOU ALWAYS HAVE A GOOD DAY ON SKIS

Have you ever noticed what professional athletes do before a competition? They warm up! Baseball players play catch, pepper, take infield, and shag flies.

Tennis players hit some ground strokes, volleys, overheads and serves. Football, basketball, soccer and hockey players all engage in warm up sessions too.

Why do they do it? The answer is simple. Not only does it warm the muscles, preparing the body for the dynamic movements to come, it rehearses the fundamental skills

required to perform at a high level. The warmup session refreshes the muscle memory with the movement patterns that provide consistency in the execution of the foundation skills of the sport.

So, if professional athletes warmup religiously, why don't skiers? Why do most folks in our sport generally just hop off the lift and immediately start attacking the mountain? Most likely, they're just not aware of how important a daily warmup routine is.





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Starting your day on the slopes with a warmup routine is a great way to set the stage for a quality day of skiing. Have you ever heard someone say, “I just don’t feel right on my skis today.”? Perhaps you’ve even said it yourself. Doing a warmup routine on your first couple runs helps avoid such feelings. It quickly dials in your balance awareness, and gets you in close touch with your edge control skills.



This is especially important when snow conditions have changed overnight. You may have felt great on your skis the day before, when the snow was hero quality, but today it feels completely different. A warmup routine provides an opportunity to make the adjustments needed to adapt the execution of your fundamental skills to the present snow conditions. Once dialed in, the rest of the day will be much more fun. That uncomfortable feeling, which can plague those without a warmup routine, will be gone.



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Now that we understand how important it is to include a warmup routine in each day you spend on the slopes, let's discuss the content of that routine. The specific exercises you should include in your routine is dependent on your current skill level. The drills you employ in your personal routine should not push the limits of your ability. They should only refresh and refine the basic skills you already have. I'm going to provide 3 sample warmup routines, for 3 different skill level skiers. Feel free to use, as written, the sample routine that fits your personal skiing ability best. If, in the future, your skill level improves, you may want to move up to a more challenging routine, or slightly modify the one you're using.

Click on the links below to go to the appropriate stretching and warm up routine.

## [Stretches](#)

I'll begin with a description of some stretching exercises you can do while in your skis, right before setting off on your first run of the day. Stretching before you start skiing is a good thing to do, for a couple reasons. First, and most obviously, it helps relieve the body of the morning stiffness that comes from a night of inactivity, combined with a cold first lift ride. Second, and less obvious, it helps relieve the tension the body may be experiencing, thanks to first run jitters. Our first turns of the day are always encumbered with the most anxiety. We've been off our skis for a spell, and the sensations of sliding and turning well have become vague memories. Stretching helps calm the mind, and in turn, relax the muscles. It helps us find those familiar good feelings on our skis again much faster.

The stretches vary in difficulty, because of the added challenge of trying to do them while on skis. Do only those you comfortably can. Down the road, when your skiing skills have improved, you may find you can do some of those you previously couldn't.

The linked stretching routine is compatible with all 3 warmup routines.

[Click to see Stretching Routine](#)





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## \* Level 1 Warmup Routine

Skiers who employ this routine should feel comfortable skiing parallel steered turns on green, and gentle blue terrain. They should possess basic balance and edging skills. This means they have the ability to generally stay in a comfortable state of balance, when on gentle terrain, and to exercise some control over the shape of their turns.

[Click to see Level 1 Warm Up Routine](#)

## \* Level 2 Warmup Routine

Skiers who employ this routine should feel comfortable skiing steered parallel turns on green, blue, and some black slopes. They should be just beginning to explore carved turns, and possess intermediate level balance and edging skills. This means they're now beginning to develop an awareness of what state of balance they're in at any moment while skiing, and starting to gain an ability to manage that state, as and when desired. They have good control of the shape of their steered turns, on most terrain, and can adjust their speed of travel, independent of their turn shape.

[Click to see Level 2 Warm Up Routine](#)





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## \* Level 3 Warmup Routine

Skiers who employ his routine should possess a good collection of advanced skills. They should be able to execute quality carved turns on green, blue and some black slopes, and feel comfortable steering turns on almost any terrain on the mountain. Their balance skills should now be strong, with a highly refined ability to manage their state of balance in any manner they choose, and any time they desire. Basic steering skills are easy for them, and their carving skills allow them to exploit the full spectrum of the carved turn shape capabilities their skis possess.



[Click to see Level 3 Warm Up Routine](#)

The drills in the above warmup routines have been chosen for their special effectiveness at quickly getting you comfortable again on your skis, and back in touch with your current skill set. While doing them each day you ski will have the fringe benefit of improving your ability to execute the skills you already have, they are not intended to act as a program for building new skills. For that, I recommend our [Building Blocks Instructional DVD Series](#). The drills in these warmup routines have been taken from that program, and more detailed instructions on how to execute them can be found there.