



YOUR SKI-FIT SERIES COMPANION GUIDE

SKI-FIT SERIES

FOR EVERYBODY

BY ELIZABETH NADINE

www.ElizabethNadine.com

Welcome to your Ski Fit Series Companion Guide.

This guide is designed to support your Ski Fit workouts and help you understand why we train the way we do, what muscles we're focusing on, and how to get the most out of the series — both before your trip and while you're skiing.

Whether you're heading off on a ski holiday, returning to skiing after a break, or simply wanting to build stronger, more resilient legs and better balance, this series will help you feel prepared, confident, and supported.

Why do Ski Fit Training?

Skiing is physically demanding in a very specific way.

It requires:

- Strong legs that can hold a semi-squat position for long periods
- Good balance and coordination on uneven, changing terrain
- A stable core to control rotation and maintain posture
- Mobility through the hips, ankles, and spine
- Endurance to cope with long days on the slopes

Many people arrive on their ski holiday feeling excited — but under-prepared. This often leads to heavy legs, sore knees, tight hips, aching backs, and fatigue within the first day or two.

The Ski Fit Series is designed to help you:

- Ski longer with less fatigue
- Feel more stable and confident on your turns
- Reduce strain on the knees and lower back
- Recover more quickly between ski days
- Enjoy your holiday without your body holding you back

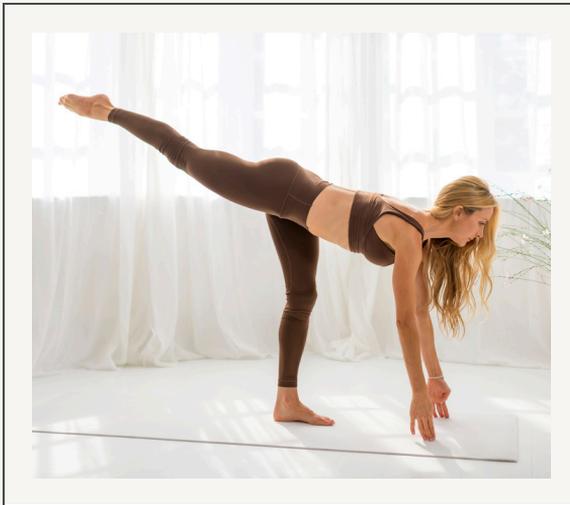
What makes this Ski Fit Series different?

This is not about random high-impact workouts or exhausting yourself before you go away.

This series focuses on **intelligent, purposeful training** — building strength, control, and balance in a way that supports real skiing and real bodies.

You'll work through:

- Controlled strength before explosive power
- Stability before speed
- Technique and alignment before intensity
- This approach helps your body move better, not just work harder.



Key muscles we'll be working on

Skiing uses the whole body, but some muscle groups work especially hard. Throughout this series, we'll focus on strengthening and supporting the following areas:

Quadriceps (Front of Thighs)

Your quads work constantly to maintain the ski position, absorb impact, and control speed — especially on descents. Strong quads help reduce knee strain and fatigue.

Glutes (Bottom & Hips)

The glutes are essential for hip stability, power, and control. Strong glutes support the knees, protect the lower back, and help you stay balanced during turns.

Hamstrings (Back of Thighs)

Hamstrings work with the glutes to control movement, decelerate the legs, and support the knees. Balanced strength here is key for injury prevention.

Inner & Outer Thighs (Adductors & Abductors)

These muscles help control edging, side-to-side movement, and stability on uneven terrain. They're crucial for strong, confident turns.

Calves, Ankles & Feet

Small but mighty. These muscles help with balance, shock absorption, and control within the ski boot. Strong, mobile ankles improve overall stability.

Core (Deep Abdominals & Back Muscles)

Your core keeps you upright, stable, and in control while resisting rotation and sudden changes in terrain. A strong core means better posture and less back fatigue.

Upper Body (Supportive Role)

While the legs do most of the work, the shoulders, arms, and upper back help with balance, posture, and pole planting.

What you can Expect from the Series

Across the Ski Fit Series, you'll experience:

- Strength-focused sessions to build capacity in the legs and hips
- Balance and control work to improve stability on the slopes
- Low-impact power exercises to prepare the body for quick reactions
- Mobility sessions to keep joints healthy and moving freely
- Short, practical warm-ups and recovery routines you can use on your ski trip

Every session includes options and progressions so you can work at your own level.

A quick note on consistency

- You don't need to do everything perfectly to see benefits.
- Even completing **2-3 sessions per week** can make a noticeable difference in how strong, stable, and confident you feel on the slopes.
- Consistency matters more than intensity.



Safety & Warnings

Your safety and wellbeing always come first.

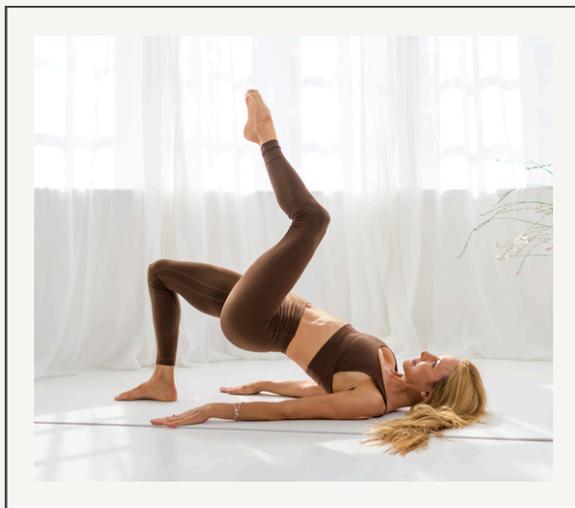
This Ski Fit Series is designed to be supportive, progressive, and adaptable, but it's important to listen to your body and work within your own limits.

Who should take extra care

Please take extra care — and modify where needed — if you:

- Have existing or **previous knee issues** (including ACL, meniscus, or ongoing knee pain)
- Experience **lower back pain** or disc-related issues
- Are **pregnant or post-natal**
- Are returning to exercise after injury, illness, or a long break

If any movement causes sharp pain, dizziness, or discomfort that doesn't ease when you modify, stop the exercise and rest. If in doubt, seek advice from a qualified healthcare professional before continuing.



The Importance of Warm-Ups & Listening to Your Body

Warming up is essential — especially for ski-specific training.

A proper warm-up:

- Prepares your joints, muscles, and nervous system
- Improves movement quality and balance
- Reduces injury risk
- Helps you get more benefit from each session

Never skip the warm-up and always move with control rather than rushing through exercises.

Just as importantly, **listen to your body**. Some muscle fatigue is normal, but pain is not. Your body gives valuable feedback — learning to respect it will support long-term strength and resilience.



Modify, Rest & Recover

You are encouraged to:

- Take rest when needed
- Reduce range of motion or intensity
- Swap high-impact exercises for lower-impact options
- Pause a session if your body feels overly fatigued

Rest is not a setback — it's part of the training process.

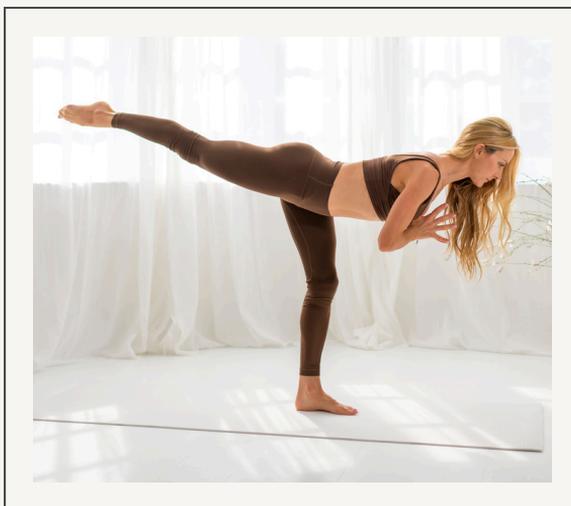
Using the Programme Safely

How often should you train?

For best results, aim for **2–4 Ski Fit sessions per week**

This allows enough stimulus for progress while still giving your body time to recover. More is not always better — consistency is key. Listen to your body.

I have kept the videos short so that they are manageable and so you can easily fit them into a busy lifestyle. If your body is fit and you want more challenge, feel free to do more – the key thing is that you listen to your body. Do the extra warm-up if that feels right for you. If you are feeling tight and have aching muscles after the sessions, go to the post-ski section and do more stretches so that you tailor the programme to best suit your needs.



Combining Ski Fit with Other Workouts

If you already practise yoga, Pilates, or other forms of exercise:

- Ski Fit pairs beautifully with **Pilates** for core strength, alignment, and control
- **Yoga** supports mobility, balance, and recovery
- Gentle cardio (walking, cycling, swimming) can be added on non-strength days

Try to avoid stacking intense leg sessions on consecutive days. Balance strength, mobility, and recovery for best results.

Rest Days & Recovery

Rest days are essential for muscle repair, strength gains, and injury prevention.

On rest days, consider:

- Gentle stretching or mobility work
- Light walking
- Breathing exercises
- Good hydration and quality sleep

Feeling slightly tired is normal, but persistent soreness, heavy legs, or low energy are signs your body may need more rest.

Training smart now will help you feel stronger, fresher, and more confident when you're actually on the slopes.



SKI FIT SERIES VIDEO CONTENT LIST

Pre-ski warm-up & mobility

TITLE	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DATE COMPLETED
01. Pre-ski standing warm-up	Perfect for pre-skiing or for a longer warm-up before any of the work-out videos.	All	9 mins	None		
02. Pre-ski stretchy warm-up	A lovely stretchy warm up to prepare your body for a day skiing.	All	11 mins	None		
03. Pre-ski lying warm-up	A gentle lying pre-ski warm-up to mobilise the body, stretch and get your body ready and feeling good for a day on the slopes.	All	13 mins	None		
04. Pre-ski super quick warm-up	A super quick and effective warm-up to help prepare your body for a day on the slopes when you are short on time, want to head out, but knowing the importance of warming-up.	All	9 mins	None		
05. Pre-ski advanced mobility warm-up	A warm-up for those with good mobility in their hips and no injuries. This mobilising warm-up will help prepare your hips and body for a day on the slopes.	Adv	12 mins	None		

SKI FIT SERIES VIDEO CONTENT LIST

Pre-ski progressive programme – 4 weeks

TITLE - WEEK 1	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DATE COMPLETED
01. Pre-ski dynamic fitness	A standing dynamic ski focused fitness workout to help prepare the body for skiing. This video kicks off the Series, will get your heart rate up, strengthen the leg, hip and glute muscles, work on balance, core stability and concludes with a short stretch.	All	25 mins	None		
02. Pre-ski bridges & core	A lying Pilates matwork workout focusing on bridges and core work. Bridges are fantastic for building strength and stability in the hips, core and back muscles. Plus, specific core exercises to build strength in your core muscles to support you whilst skiing, helping to stabilise your spine and hips and protect your back.	All	22 mins	None		
03. Pre-ski fitness, strength & balance	This is a standing workout building on video 1, working on fitness, leg and hip strength, stability and balance. Exercises include squats, lunges, lunge to balance, side steps with knee lifts, standing clams, dynamic stretches and concludes with some standing stretches.	All	25 mins	None		
04. Pre-ski hips & core strength	An all-fours practice to build on your strength and stamina in your core and hips, with the added bonus of strengthening the wrists and arms.	All	24 mins	None		

SKI FIT SERIES VIDEO CONTENT LIST

Pre-ski progressive programme – 4 weeks

TITLE - WEEK 2	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DATE COMPLETED
05. Pre-ski strength & mobility fitness	Continuing our strength building in the muscles required for strong skiing. This video also works on your mobility which will not only make your skiing feel easier, but it will also help prevent injuries on the slopes.	All	25 mins	None		
06. Pre-ski stability, balance & strength	This workout is to improve your balance, stability, strength and control to help you stay stronger skiing and help prevent injuries. Lots of squats and squat variations, balance, hip and glute work, and of course core strengthening!	All	28 mins	None		
07. Pre-ski strength with resistance bands	In this pre-ski workout, we use two loop resistance bands to add intensity to build greater strength to help us stay stronger on the slopes.	All	19 mins	Resistance loop bands		
08. Pre-ski strength & stamina	Building on stamina and strength using the Pilates small ball and a resistance band. The ball helps you strengthen in good alignment, and the resistance band will aid greater strength training.	All	26 mins	Resistance loop band & ball		
09. Post-ski lying legs stretch & release	This short lying legs stretch will assist quicker recovery and avoid injury from muscles getting overly tight.	All	13 mins	A strap (or equivalent)		

SKI FIT SERIES VIDEO CONTENT LIST

Pre-ski progressive programme – 4 weeks

TITLE - WEEK 3	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DATE COMPLETED
10. Pre-ski dynamic ski strength flow	A dynamic, ski-focused workout that builds strength, balance and control through continuous lower-body movement.	All	25 mins	None		
11. Pre-ski glutes & quads ski stance stamina	A strength and stamina focused workout to help you ski comfortably for long days on the slopes. This workout builds further strength in your glutes and quads to help you ski strong on the slopes. We use resistance bands to help build greater strength and endurance in your arms and legs.	All	20 mins	Resistance bands		
12. Pre-ski core & lower body connection	When you're skiing, your legs are constantly moving, turning and absorbing bumps, but your upper body needs to stay relatively calm and stable. A strong core helps you stay centred over your skis, reduces fatigue in your legs, and makes skiing feel smoother and more controlled. This session focuses on strengthening your core alongside your lower body so everything works together.	All	29 mins	None		
13. Pre-ski single-leg stability	This session focuses on single leg stability to help you have better strength and control on one ski at a time. If you think about it, every turn is basically a single-leg squat, so these exercises will get your legs strong, support your joints and help you skiing.	All	16 mins	None		

SKI FIT SERIES VIDEO CONTENT LIST

Pre-ski progressive programme – 4 weeks

TITLE - WEEK 4	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DATE COMPLETED
14. Pre-ski ski-ready dynamic conditioning	This ski-ready dynamic conditioning is all about putting everything together and giving you stronger days on the slopes. I hope you enjoy this fun, dynamic, energising and conditioning ski-focused workout.	Int - adv	25 mins	None		
15. Pre-ski ski-ready strength & balance	This video goes over some of the most important foundational exercises for strength and balance to help you ski stronger, move better, and lower your risk of injury this season.	Int - adv	20 mins	Resistance loop bands		
16. Pre-ski ski-ready core strength & stability	This video focuses on building ski-ready core strength and stability to support your body on the slopes. A strong, responsive core is essential for balance, control and efficient movement — especially when fatigue sets in.	Int - adv	20 mins	None		

SKI FIT SERIES VIDEO CONTENT LIST

Post-ski recovery & stretching

TITLE	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DATE COMPLETED
01. Post-ski quick stretch & release	This is a great stretch to release the legs, hips, back, chest and shoulders... all in one stretch!	All	13 mins	A strap (or equivalent)		
02. Post-ski stretch & recovery (hips & legs)	A calming stretch session to help ease tired hips and legs after skiing. Using slow, controlled stretches, this class helps release built-up tension and supports recovery between ski days.	All	27 mins	Blanket/padding for joints		
03. Post-ski foam roller release	A guided foam rolling session designed to help release muscle tension after skiing. This class focuses on the areas that commonly feel tight post-ski, including the legs, hips, and glutes, to support recovery and help your body feel more comfortable for your next day on the slopes.	All	14 mins	Foam roller		
04. Post-ski whole body recovery and release	A gentle, whole-body recovery session designed to help release tension after a day on the slopes. This class focuses on easing tight legs, hips, and lower back, while encouraging relaxation and recovery so your body feels supported and ready for your next ski day.	All	18 mins	None		
05. Post-ski relaxing stretch & release	A gentle, relaxing stretch to help ease sore muscles after skiing and support faster recovery.	All	26 mins	None		