

The Full-Body Ski Touring Workout

Ski touring's greatest rewards—solitude and untracked powder—don't come free. To access them, you must combine endurance, balance, and strength. This workout hits the quads, glutes, hamstrings, back, shoulders, and core to prep you for endless laps. Incorporate it into your current strength-training plan once a week, alongside regular cardio and interval workouts.

BY JENESSA CONNOR



Warmup (3 sets)

1) 5 Multidirectional Lunges (per leg)

Stand with your feet shoulder-width apart. Keeping your chest up and core engaged, take a step forward 2 to 3 feet and lower your back knee until your front leg is bent 90 degrees. Step back to the starting position and then, with your right foot, take a large step to the right. Bend your right knee and sink your hips back into a side lunge. Again, step back to the starting position. With your right foot, take a large step back and lower your knee until your front leg is bent 90 degrees. This is one rep. Repeat the entire sequence on the left leg.

2) 3 Plank Walk-Out to Shoulder Taps

Stand with your feet shoulder-width apart. Squat down, place your palms shoulder-width apart on the ground in front of you, and walk your hands forward until you're in a plank position. Without shifting your hips or shoulders, lift your right hand, tap your left shoulder, and place your hand back on the ground. Repeat with your left hand; tap your right shoulder, and place your hand back on the ground. Walk your hands back toward your feet and return to standing.

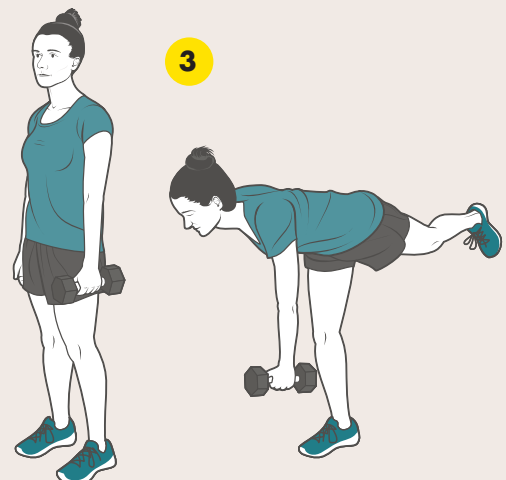


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