



▲ **WEIGHT-PLATE SQUAT**

Stand with your feet shoulder-width apart, and hold a 10- to 25-pound weight plate with both hands straight out in front of you at shoulder-height; don't let your shoulders round forward. Contract your abs, and squat as low as you can. Hold the squat for five seconds, then push up through your heels, back to the starting position. Do eight reps.

What It Works Core stability; leg strength and endurance; hip, knee and ankle mobility



◀ **CROSSOVER**

TAP-DOWN Stand on a sturdy, 18-inch bench or box with your arms outstretched in front of you at shoulder-height.

Cross your right foot behind your left leg and lower it to the floor on the left side of the bench. Tap the ground lightly and use your left leg only to pull yourself back to the starting position. Do eight reps on each leg. **What It Works** Leg strength and mobility; hip mobility; rotational mobility; balance

◀ **LEVEL-HEADED SIDE-STEP** Stand with your feet hip-width apart and drop into a half-squat. Keeping your upper body still and your head at a level height, quickly step side to side, bringing your knee up each time you step. Use a mirror to ensure your head stays level. Continue for 15 seconds; do three sets. **What It Works** Leg strength and endurance; trains your body to recognize the sensation of down-unweighting

► **OR TRY: HOOPING**

What is it? A modern spin on the '70s dance craze; includes hoopdance and hoop-pilates. You won't see it happening in the weight room at

Gold's Gym, but the body action of hooping is ideal for improving flexibility and mobility.

Why it's great for skiers Hooping is a great way to

strengthen your core and increase your joint mobility, says Mollie Hogan, a hooping instructor in Bend, Ore. "It gives you the ability to dodge rocks, dance around trees, or just

play in the powder."

Get started You'll need to order a specially made hoop from an online vendor, or make one yourself (learn how at hooping.org). Big-

ger and heavier than the plastic hoops of yore, these spin more slowly around your body, giving you more control while forcing your muscles to work harder. —Valerie Gleaton