



▲ **ALTERNATING BALL PLANK PULLS** Start in a plank position with your shins on an exercise ball and your palms on the floor in front of you. Pull your legs and the ball forward and to the left as far as you can. Roll the ball back, and repeat to the right for one rep. Do two sets of six to eight reps. **What It Works** Abdominal strength and stability, rotational mobility, upper/lower-body separation

◀ **ONE-LEGGED SWAMI STRETCH** Stand on your right foot and cross your left ankle over your right knee. Clasp your hands in front of your chest and sit back as far as you can in a squat position. Hold for 15 seconds. Do three reps on each side. **What It Works** Balance; glute and hip mobility; quad strength and endurance

▼ **FLYING HIP TWIST** Lie on your back with your arms outstretched and your legs extended straight above you. Keeping both shoulders on the ground, lower your legs as far as you can to the right. Use your abs to pull them back up, then repeat to the left for one rep. Do two sets of 10 reps. **What It Works** Hip and spine mobility; abdominal strength; upper/lower-body separation



► **OR TRY:**
SLACKLINING

What is it? Developed by rock climbers, slacklining is similar in concept to tightrope walking. However, as the name implies, the line—usually one-inch webbing stretched between two stable points just a foot or two off the ground—has some slack, so it's far less stable underfoot than a tightrope.

Why it's great for skiers "Slacklining is an amazing tool for developing dynamic balance," says Jason Magness, founder of the eco-adventure group YogaSlackers. Magness, who grew up skiing in Alaska, says that because slacklines bounce and swing with the user, walking, running or performing other movements on one builds the balance and core strength needed to increase speed and agility on your skis. Advanced slackers incorporate jumps, tricks and even yoga postures into the sport.

Get started Check with local rock climbing gyms or rec centers for classes and rental equipment or visit yogaslackers.com to find a clinic near you. Or buy your own beginner slackline kit. Look for one with extra-wide webbing and a ratchet system that lets you easily adjust the line's tension. Try gibbonslacklines.com. —V.G.

SLACKLINING: AARON BLACK/CORBIS