



▲ **SIDE PLANK KNEE LIFT** Get in a side plank position: your weight supported on your right elbow and the outside of your right foot, your body in a straight line from your head to your feet, your left hand on your left hip. Bend your left knee and bring it upward toward your left elbow. Lower it to the starting position. Do six to eight reps without letting your hips sag. Repeat on the other side.

What It Works Core stability; hip and leg mobility; hip flexor strength; upper-/lower-body separation



▲ **STAIR SIDESTEP** Stand at the bottom of a staircase with the stairs at your right side. Step up sideways with your right foot, followed by your left. Continue that pattern as quickly as you can up 10 steps and then back down. Next, stand with the staircase at your left, and repeat. Do two sets.

What It Works Agility; coordination; leg strength; cardiovascular endurance



▲ **SINGLE-LEG HIP TWISTS** Stand on your left foot. Tie one end of an exercise band just above your right knee, and tie the other end to a point to your right at hip level. Lift your right knee so there's tension in the band, then pull your knee as far as you can across your body without rotating your torso. Do 10 reps. Switch legs. With the band around your left knee, pull it away from your body without rotating your torso. Do 10 reps. Next, tie the band to a point to your left and repeat each exercise with the opposite leg. **What It Works** Hip mobility; inner-/outer-thigh strength; upper-/lower-body separation; core



► **OR TRY: FLAT-WATER KAYAKING**

Why is it a good choice for skiers? Kayaking is a great exercise for improving upper- and lower-body separation and balance. "When I'm teaching a kayaking course, I ask if any of my students are skiers, because there's so much crossover," says Janet Burnett Cowie, an avid skier and director of instruction programs at Zoar Outdoor in Massachusetts. In a kayak, you face forward, keeping your upper body straight while your arms paddle and your hips and legs rock back and forth with the water below. This, says Cowie, is similar to skiing: You hold your upper body still while your arms swing and plant your poles and your legs and hips swivel into a turn. You stay upright in a kayak or on skis by isolating edging and turning movements to your lower body.

Get started If you've never kayaked before, stick to a local lake or pool rather than test your skills on a raging river. Check with your local river outfitter, community center or college rec center to see if they offer classes. Visit the American Canoe Association's website, americancanoe.org, to find rental gear, programs and instructors in your area. —V.G.