

DECEMBER 2011

PREP FOR THE POWDER!

With these five moves, you'll gain the strength, balance and endurance for any snow sport, says trainer Stephanie Levinson—that's her demo'ing—who created the toners for her Aspen/Ascent class at The Sports Club/LA. Do three sets of 10 reps, three times a week.



Easy glider

WORKS SHOULDERS, ARMS, BUTT, LEGS; BUILDS BALANCE
Stand with feet hip-width apart, a 5-pound weight in each hand in front of you, elbows bent, palms facing each other. Squat. Stand and sweep left leg to side, and raise arms overhead (as shown). Return to start. Do reps. Switch legs; repeat.

To build your "snow legs," start this workout plan at least a month before you head outside.



Quad touch-back

WORKS LEGS, BACK, OBLIQUES
Start on all fours. With a flat back, extend left leg and right arm in line with body so both are parallel to floor. Look over right shoulder, bend left knee 90 degrees, so heel is pointing toward ceiling, and touch right hand to left foot (as shown). Return to extensions. Do reps. Switch sides; repeat.

Plyo push-up

WORKS ARMS, BACK, ABS; ENHANCES WRIST STABILITY
Start in push-up position on knees, a towel beneath to cushion them. Bend elbows, and lower until chest is 6 inches above floor. Contract abs, and forcefully push off palms, propelling body off floor as high as you can (as shown). Drop gently back onto hands; do reps.

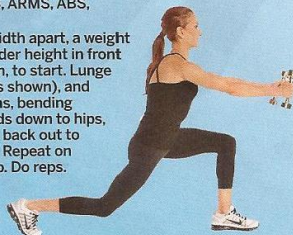


Sliding abs

WORKS BACK, ABS, LEGS
Lie faceup with hands behind head, elbows out, legs extended with a gliding disk or paper plate under each heel. Engage abs, and lift shoulders off floor as you slide heels toward butt (as shown). Return to start. Do reps.

Pole position

WORKS SHOULDERS, ARMS, ABS, BUTT, LEGS
Stand with feet hip-width apart, a weight in each hand at shoulder height in front of you, palms facing in, to start. Lunge back with right leg (as shown), and draw a circle with arms, bending elbows to swoop hands down to hips, up along rib cage and back out to front. Return to start. Repeat on opposite side for 1 rep. Do reps.



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BE A SLOPE STAR To nail every exercise, watch video of the moves at Self.com/fitness.