Get ready for cross-country

Exodus leader Eric Sidley has put together a guide to some simple exercises you can do in preparation to try cross-country skiing, which are particularly good prior to cross-country skiing. While you don’t need to do the exercises to perform cross-country skiing, there are some regional cross-country courses where it is a requirement to do them, or at least prove that you can do them. The exercises listed below can be done in any order. The key is to build up your strength, stamina and balancing skills and enjoy your skiing.

1) Flexibility / Balance

Extended knee bends
- Put your hands on your hips.
- Bend your knees to 90° and hold for 30 seconds.
- Lower leg backwards and then gently pull the lower leg. Swap legs and repeat.

Lateral knee bends
- Put your hands on your hips.
- Bend your knees to 90°, step one leg out to the side, turn foot 90° to the side, turn foot 90° horizontally, parallel with your hips, step one leg out to the side, turn foot 90° to the side. Repeat several times.
- Make sure your back stays straight. Swap legs and repeat.

Arms & leg backswing
- Stand facing the wall with your body. Gently raise and lower your arms and legs.

2) Stamina

Extended knee bends
- Put your hands on your hips.
- Bend your knees to 90° and hold for 30 seconds.
- Lower leg backwards and then gently pull the lower leg. Swap legs and repeat.

Lateral knee bends
- Put your hands on your hips.
- Bend your knees to 90°, step one leg out to the side, turn foot 90° to the side, turn foot 90° horizontally, parallel with your hips, step one leg out to the side, turn foot 90° to the side. Repeat several times.
- Make sure your back stays straight. Swap legs and repeat.

Arms & leg backswing
- Stand facing the wall with your body. Gently raise and lower your arms and legs.

Balance on one leg
- Stand on one leg with your hand on your hip. Hold a 90° position with your knee bent. Swap legs and repeat.

3) Strength

Legs

Stomach

Lie face down on floor, press toes into ground and lift body up on arms. Hands should point forwards and legs extended. Move hips up and down 10 times. Repeat several times.

Press ups
- Place one foot in front of you, press hands into ground and use arms to lift body up on arms. Hold for 30 seconds. Lower legs back.