

# PREPARATION PHYSIQUE DU SKIEUR

- PHYSICAL PREPARATION FOR SKIING -

## 1 Echauffement *Warm up*

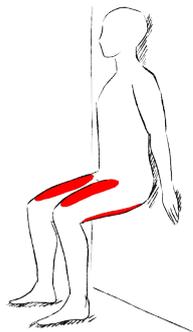


10 min.

Vélo *Bike*  
ou  
Course à pied *Running*  
ou  
Rameur *Rowing machine*

## 3 La Chaise

3x 1min30

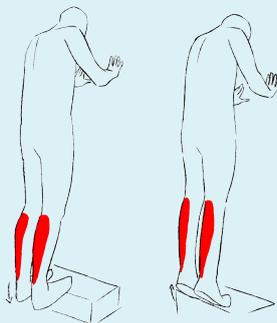


## 5 Step

3 séries  
*3 series*

-

10 mouvements  
*10 moves*



## 7 La Planche

3x 1min



## Conseils *Tips*

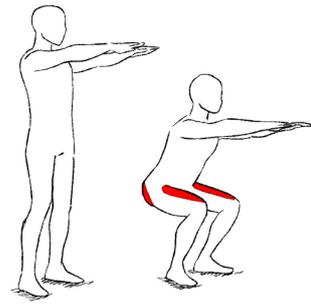
- Attendez 1 heure ou 2 avant de vous étirer  
*Wait one or two hours before stretching*
- Ne forcez pas si vous sentez une douleur  
*Do not force if you feel any pain*

## 2 Squats

3 séries  
*3 series*

-

10 mouvements  
*10 moves*



## 4 Relevé

2 séries  
*2 series*

-

10 fois / jambe  
*10 moves / leg*



## 6 Step Bis

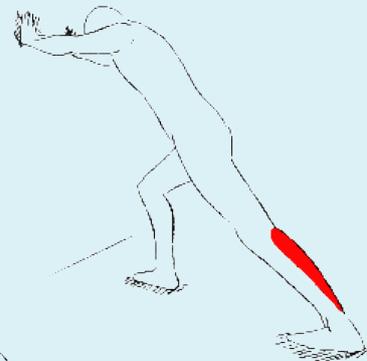
3 séries  
*3 series*

-

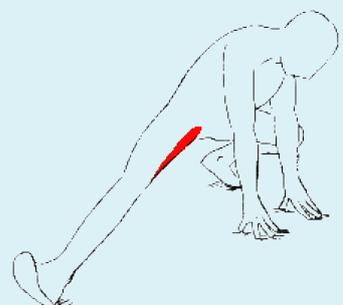
10 mouvements  
*10 moves*



## 8 Etirements *Stretching*



30 sec / côté  
*30 sec / each side*



Val Thorens