

Ski workout at home: 30 minutes without special fitness equipment or jumping

Clear a two-by-two-metre space, set up a stable support, a mat or towel, and a timer. You need no special fitness equipment, weights, resistance bands or jumping.

The short answer

The standard session takes about 27–30 minutes, including rest: a five-minute warm-up, two rounds of leg and hip control, and two rounds of balance, trunk and ankle work. If the exercises are new to you, begin with one round of each block.

This session is a general training example for healthy adults already familiar with basic strength exercises. It is not an individual recommendation and does not account for your movement experience, strength level, weekly workload or personal situation.

Before you start: space, support and time

Set everything up before you start the timer. That keeps a rest period from turning into a search for furniture.

1	Clear floor About 2 × 2 metres, with no loose rug edges, toys or objects that can slide.	2	Stable support Use a wall or a heavy chair back. A wheeled office chair is not suitable.
3	Floor surface Place a mat or folded towel down for the glute bridge march and dead bug.	4	Timer Set 30- and 60-second intervals. Rest is part of the session.

How the 30 minutes fit together

Treat the times as a frame. Controlled repetitions and complete rest periods matter more than finishing to the second.

2 min	Set up	Clear the floor, test the chair and place the mat and timer within reach.
5 min	Warm up	March and work through five movement patterns at an easy pace.
9–10 min	Block A	Leg and hip control for two rounds.
9–10 min	Block B	Balance, trunk and ankle work for two rounds.
2–3 min	Finish	Walk or march easily, then make one short note.

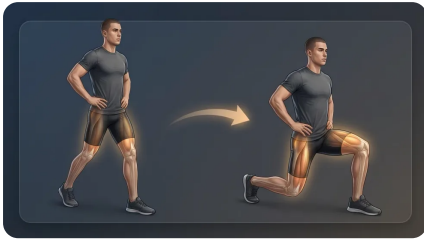
Warm-up: about 5 minutes

Move without rushing. By the final step, you should feel warmer and still be able to complete each movement at your chosen pace.

60 sec	March on the spot	Place the whole foot down and let your arms move naturally.
8 reps	Shallow squats	Bend your knees and hips only as far as you can keep your feet and knees steady.
6 each side	Lateral weight shifts	Move your hips from one leg to the other without hopping.
8 reps	Calf raises	Raise both heels smoothly and lower them under control.
6 each side	Standing trunk turns	Turn your chest and arms while your pelvis stays mostly forward.

Block A: control the legs and hips

Complete all three exercises in order. Rest for 30 seconds between exercises and 60 seconds after the third exercise. Then repeat the block once.



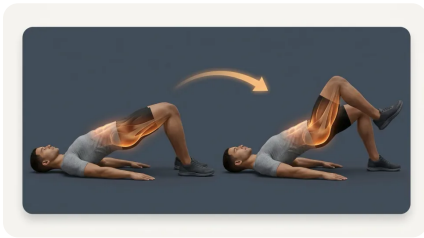
Exercise 1 · 8 each side

Forward lunge

Focus: Front thigh, glutes and leg alignment

Watch for: Step far enough forward. Lower smoothly, point the front knee towards the toes and push back through the whole front foot.

Make it easier: Hold the chair lightly and reduce the depth.



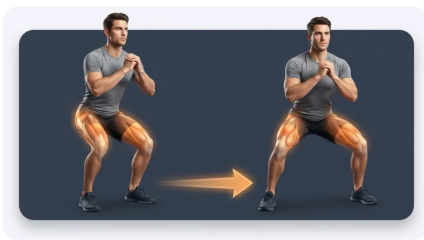
Exercise 2 · 8 each side

Glute bridge march

Focus: Glutes, hamstrings and pelvic control

Watch for: Lift your hips. Raise one foot only as far as you can keep the pelvis level and lifted. Change sides slowly.

Make it easier: Keep both feet down and complete 10 standard glute bridges.



Exercise 3 · 8 steps each way

Lateral squat walk

Focus: Outer hips, glutes and thighs

Watch for: Stay in a shallow squat. Place each foot deliberately and keep the knees pointing in the same direction as the toes.

Make it easier: Stand higher and take smaller steps.

Block B: balance, trunk and ankle

Again, complete the three exercises in order. Rest for 30 seconds between exercises and 60 seconds after the round. Complete two rounds in total.



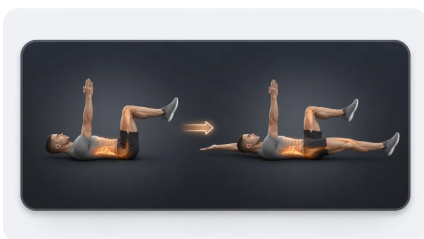
Exercise 4 · On each leg: 5 rotations right and 5 left

Single-leg balance with trunk rotation

Focus: Foot, ankle, outer hip and trunk

Watch for: Keep a small bend in the standing knee. Turn your chest slowly and return to centre each time. Keep the knee and foot pointing the same way.

Make it easier: Touch the wall with one finger and make the turn smaller.



Exercise 5 · 6 each side

Dead bug

Focus: Abdominals and control of the pelvis and ribcage

Watch for: Keep your lower back quiet against the floor. Extend the opposite arm and leg slowly while breathing. Stop the reach before your back lifts.

Make it easier: Tap only the heel to the floor or move the legs without the arms.



Exercise 6 · 12 reps

Calf raise

Focus: Calves, feet and ankles

Watch for: Raise both heels smoothly, pause briefly at the top and lower slowly. Do not let the ankles roll out.

Make it easier: Hold the wall and reduce the height.

If this is your first attempt

Use the first run as a technique check. It does not need to last as long as the standard session.

- 1. Complete one round of Block A and one round of Block B.
- 2. Use the easier option straight away for any exercise that feels uncertain.
- 3. Keep the full warm-up and two to three minutes of easy movement at the end.
- 4. Note which exercise lost control first. That will help more next time than a fastest finish.

How to progress the session

Start with the smallest suitable step. Add a third round only later, when you can keep smaller changes controlled. Change one variable per session.

1	Small step: more repetitions	Add 1–2 reps: lunges, bridges and lateral steps up to 10; balance turns up to 6; dead bugs up to 8; calf raises up to 15.
2	Lower more slowly	Take three seconds to lower in the lunge or calf raise. Keep the number of repetitions and rounds unchanged.
3	Later, larger step: a third round	Add a third round to Block A or Block B only. That increases that block's volume by 50%. Do not also increase speed or repetitions in that session.

Where the session fits in your week

A general weekly example: schedule the session once or twice on non-consecutive days. If you already do other strength training for your legs and hips, count it as part of the week's workload. Do not automatically stack this workout beside it; it is not an individual training plan.

One session	For example, home workout on Wednesday. Keep your familiar endurance work and recovery on other days.
Two sessions	For example, the same session on Tuesday and Saturday. Leave several days between them and do not progress both at once.

End the set when control goes

End the set when you can no longer control the position, range or pace, or you involuntarily hold your breath. Use the easier option, shorten the movement or finish the block for the day. These signs describe execution quality only. They cannot assess the causes of pain or your health, and this article does not replace an individual professional assessment.

The final 2–3 minutes

Walk around the room or march gently on the spot. Then write one sentence: which exercise became untidy first, and which easier option worked? That gives you a specific adjustment for next time.

Why these movements were selected

- Research on alpine skiing, mainly alpine racing, links physical demands with ongoing technical control. In 24 healthy, fit recreational skiers, selected measures of eccentric hamstring strength were lower in both thighs after four hours of skiing, and quadriceps strength was lower in one thigh.

[1] [2]
- The ACSM review supports progressive strength work for muscle function and balance in healthy adults, but it is not ski-specific. Fradkin and colleagues support movement before physical performance, but did not test this exact five-minute sequence.

[3] [4]
- No source tests these six exercises as one programme, including their order, repetitions, rests, exact five-minute warm-up, finish, weekly frequency or progression. This workout is an editorial training template; Suva served only to compare accessible winter-sport exercise families.

[5]

Discuss changes with the AI coach

You can discuss this template with the SlopeReady AI coach. The coach can use your profile, saved plan, recent workout summaries and available recovery signals from Apple Health as context. The coach may, for example, suggest moving or shortening the session or replacing an exercise with one from the catalogue.

You see a lasting plan change before you confirm it. The coach cannot watch your technique or know how an exercise feels, and its data may be incomplete.

The app reads the data you permit through Apple Health for analysis and plan support. It does not write data to Apple Health, start live workout sessions, or record workouts, live heart rate or GPS routes.

Product behaviour checked in the current SlopeReady code on 12 August 2026.

Sources

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- [SlopeReady Terms of Use](#)
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Updated	2026-08-12
Author	SlopeReady editorial team
Revision note	Revised: clarified the equipment claim, moved the target group forward, spelled out the balance dose, and tightened the evidence, progression, weekly-load and safety limits.