

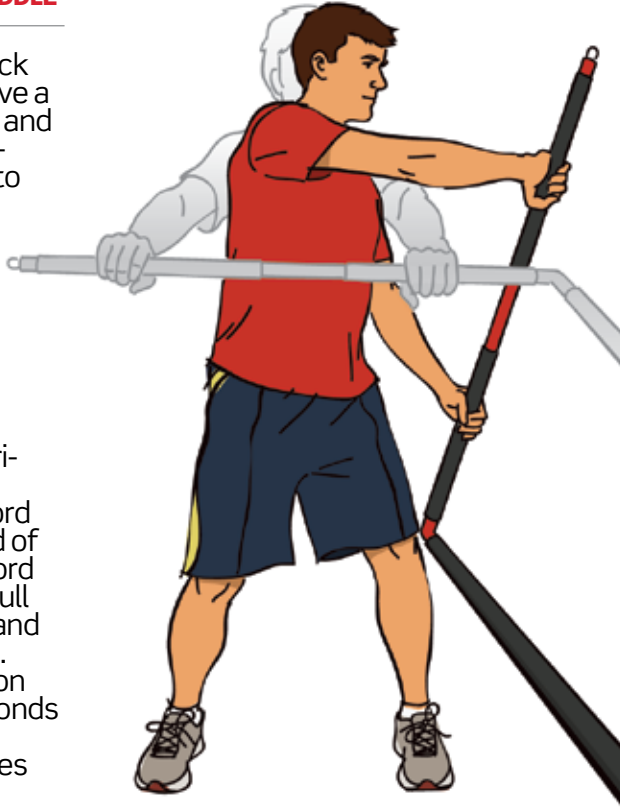
# Build a Crud-Ready Core

○ Don't take your ab workout sitting down. Take a cue from skiing's newest cross-training craze—stand-up paddling—to build the midsection muscles you need to ski crud with confidence.

## RIP-CORE FX RESISTANCE PADDLE

Heavy crud snow can knock you around if you don't have a solid trunk—abs, obliques and lower back. Stand-up paddling (SUP) is a great way to strengthen your core even if you don't have access to a lake or river.

**Try this:** Attach the Rip-Core FX (see below) to a stable point in front of you at waist height. Standing in an athletic position, grip the bar with both hands and hold it horizontally at arm's length in front of you so that the cord is barely slack. Dip the end of the bar attached to the cord forward and down, then pull it back past your hips, up and around in a rowing motion. Do three 45-second sets on each side. Rest for 30 seconds between sets. To make it harder, make bigger strokes or stand on one foot or a balance board.



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## GEAR

**RIP-CORE FX** Like the Bosu, medicine balls and even the jump rope, the Rip-Core—developed by a pair of Aspen fitness instructors and SUP devotees—is effective because it's so simple. When the cord—which is fixed to one end of the bar—is attached to a solid point, it creates unbalanced tension and rotational forces when pulled tight. To resist those forces, you have to work in three dimensions just like you do in everyday activities, including skiing.

The **Core Bundle (\$180)** includes the bar, a DVD and a guidebook. Check out the website for a schedule of traveling boot camps. [ripcorefx.com](http://ripcorefx.com)



## TRAIN

### WHAT'S.S.U.P.?

Putting snowmelt to good use, stand-up paddlers are the high country's newest cult athletes, surfing calm lakes and raging whitewater to hone their balance skills and tone their abs and obliques. Using an oversized surfboard and large paddle, SUPers propel themselves over lakes, ponds, rivers or oceans. "SUP is absolutely fantastic for increasing core strength and balance," says Charlie MacArthur, arguably the godfather of the mountain SUP movement, who opened the first SUP school in the country in Aspen in 2007. **"All of the core muscles fire because you're using them for propulsion and stabilization."** SUP combines elements of skiing, surfing and kayaking, so it's a great way for skiers to cross-train. Olympic downhiller Steven Nyman is a believer: He competed in the Teva Mountain Games last summer in Vail, Colo. East coast SUP instructor Peter Sleight notes that balancing on water and rotating your core with each stroke boosts abdominal strength. Unlike traditional surfing, you face forward on a SUP board, with equal weight on both feet. The movement of the water under your paddle board closely mimics the undulating surface of a ski trail. Like skiing, paddling forces you to make precise adjustments to maintain your balance, while the rowing action builds a strong core.

VISIT [SKIMAG.COM/SUP](http://SKIMAG.COM/SUP) FOR MORE ON SUPING AND A LIST OF CLASSES AND CLINICS.