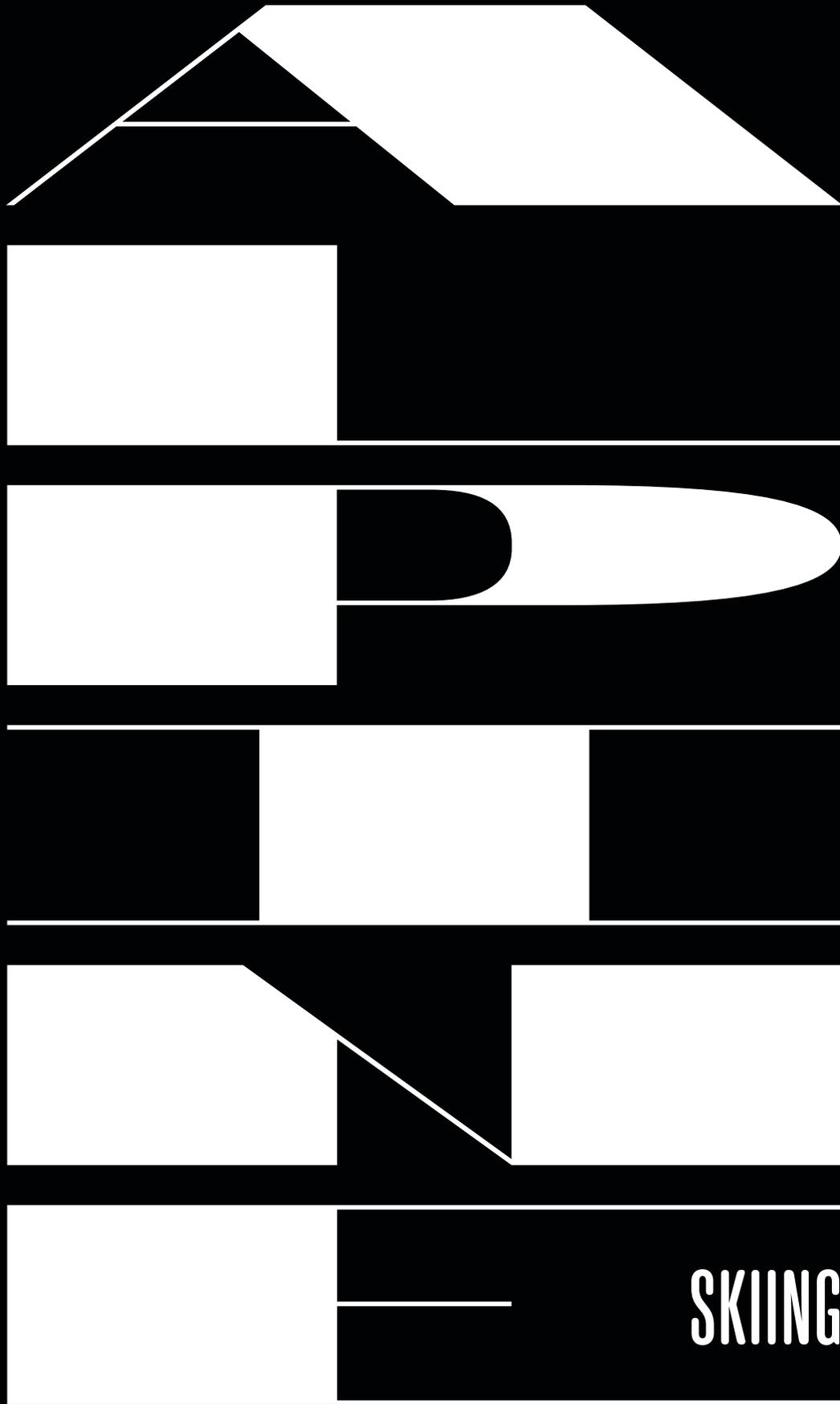


Racing to the bottom of a mountain involves far more than simply counting on gravity to do its work. As Lindsey Vonn's exercise regimen shows, a lot of the real work happens in the gym.

PHOTOGRAPHS BY DINA LITOVSKY

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SHIPPED



Lindsey Vonn is the most decorated World Cup ski racer in United States history, but Olympic glory has been more elusive. Her three Winter Games, going back to 2002, have yielded just one gold medal and one bronze, both in Vancouver in 2010; she missed the Sochi Games in 2014 because of injury. Now 33, following more years of wear and tear that included multiple ruptured knee ligaments, a fractured right humerus, a concussion and an acute facet spinal-joint dysfunction, Vonn will still be among the favorites in Pyeongchang, where she will race in at least the downhill, super-G and Alpine combined events. Just last month, she won her 79th World Cup race, becoming the oldest woman to win in downhill.

Success on the snow requires Vonn to spend untold hours in the gym with her fitness trainer, Alex Bunt. "She never lets a session go," he says. "Every single set and every rep matters. There's no fluff." On Dec. 22, the photographer Dina Litovsky captured Vonn's workout in her home gym in Vail, Colo. The focus was upper-body and overall strength training. "It was," Vonn says, "kind of a light day."



**Dynamic Balance Exercise
(Pages 52-53)**

"I usually do balance at the end of my workouts, when I'm the most tired, which forces me to concentrate more." To improve her balance and give her upper body and core a light workout, she stands on an unsteady surface while simultaneously working two weighted ropes. (It's "similar to skiing," she says — "you have a lot of forces pulling you in different directions.") Because Vonn's house sits at 9,500 feet, where the air is thin, the heavy ropes also provide cardio training.

**Standing Anti-Rotation Hold
(opposite, top)**

Vonn holds about 30 pounds of resistance for 30 to 60 seconds twice on each side of her body. "We call it 'anti-rotation,'" Bunt says. "The core is preventing rotation, so when she pushes that pulley out, it wants to pull her into the machine." Vonn's core has to work hard to stabilize against that pull. "I like this one a lot because I feel my obliques," Vonn says. "Vainly, if I can do something that makes my abs look better that also helps me skiing, I'm all about it."

**Stationary Bike Warm-Up
(opposite, bottom)**

Increasing the body's muscle temperature, which helps with muscle contraction, requires between 10 and 15 minutes of aerobic exercise. "I don't really like sweating," Vonn says. So even in the winter — including when she spends three to five hours a week exercising on her stationary bike — she opens the door to her second-floor gym over the garage. "I like nice mountain air, and my dogs like to sit out there and patrol."

Standing Barbell Rotation (right, top)

Using a 45-pound bar and a 25-pound plate, and performing two sets of eight to 12 reps on each side, Vonn trains her core to stabilize against upper rotational forces. Especially in the super-G, she says, "we get a lot of rotation and have a lot of forces pulling on our back and our core. Being able to resist that and then explode out of it is really important." The scar on Vonn's right arm is from a crash that resulted in a spiral fracture of her humerus. "I have a huge metal rod in the whole length of my arm," she says. "I lost feeling in my hand for several weeks. It was lifeless."

Tuck Stress Exercise (right, bottom)

Performing a squat on a balance board while holding the 15-pound medicine ball out in front of her, Vonn is "emulating a tuck position and the stresses that are on my body," she says. "If I'm holding a position, it will be two minutes, because that's about the time that most downhill courses take." ♦

