

The Aligned Skier

Eliminate the Hip Dump. Ski Stronger. Carve Cleaner.

If you've ever seen yourself on video and thought, "*Why am I leaning like a lounge chair?*" —you've likely experienced **hip dumping**. It's a common but correctable biomechanical issue that robs your skiing of power, control, and efficiency.

What Is Hip Dumping?

Hip dumping is when your pelvis collapses to the inside of a turn instead of staying aligned over your feet. It creates the illusion of angulation, but it's biomechanically flawed.

What it causes:

- Loss of grip on the outside ski
- Spinal rotation and low back strain
- Ineffective edge angles
- Sloppy, off-balance turns

Why It Happens

- Weak glutes or core
- Tight hips/hamstrings
- Poor body awareness
- Trying too hard to look "aggressive"

Signs You're Hip Dumping

1. Inside hip drops without edge engagement on video
2. One turn feels significantly weaker
3. Outside ski loses pressure mid-turn
4. Lower back fatigue by end of day

✓ How to Fix It

1. Build Hip Awareness Off the Hill

Mobility:

- 90/90 Stretch, Frog Pose, Lunge w/ Reach

Strength:

- Monster Walks, Side-Lying Lifts, Glute Bridges

2. Train Stack On Snow

Drills:

- Javelin Turns
 - One-Ski Drills
 - Edge Hold w/ Pause
- Focus: ankle → knee → hip alignment

3. Use Video Feedback

- Check hip/shoulder symmetry
- Compare left/right turns
- Track outside ski pressure

4. Use External Cues

Try this: *“Lift your inside hip up and forward.”*

Bonus: Place a snowball at your inside hip—don’t crush it!

5. Practice Indoors

- BOSU balance drills with hip rotation
- Banded lunges with square hips
- Mirror squats to feel alignment

🎯 Alignment > Angles

Chasing low angles without stack = false progress.

True performance starts with body alignment, not hip dumping. When you fix the root cause, carving, flow, and confidence all improve.

🏁 Final Thought

Dump the dump. Stack your body.

Ski like an athlete, not a melting snowman.

Ski smart. Ski aligned. Ski better—with SkiChatter.com

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