

## PRE-SKI AND IN-SEASON EXERCISE PROGRAM

### THERAPY BALL PIKE

In a straight arm plank position with the front of your ankles on a ball, bend at the hips into a pike position, bringing the ball forward. Return to the starting position.

**Repeat 3 sets of 10**



### FLYING LUNGE

Perform a lunge, then jump up, alternate legs in the air, and land in a lunge on the opposite leg in the same location you started.

**Repeat 10 to 15 each side, 3 sets.**



### BALL BRIDGE WITH HS CURL

With lower legs on an exercise ball:

1. Perform a bridge, "*up*"
2. Bend knees to bring the ball "*in*"
3. Push the ball back "*out*"
4. Return to the starting position, "*down*"

**Repeat 3 sets of 10.**



### BOSU SQUAT

On a Bosu, tilt board, disc, or other instability device, squat and **hold for 10 to 15 seconds.**

**Perform 10 repetitions**

*Tip:* Perform in ski boots for additional sport-specific training.



**Additional exercises: Box jump, Nordic hamstring exercise, straight leg bridge with march**

