

# BEGINNER

## PRE-SKI AND IN-SEASON EXERCISE PROGRAM

AJAX  
PHYSICAL  
THERAPY

### SIDE LEG RAISE - HIP ABD

Lie on your side, keeping your top hip slightly forward. Raise and lower your top leg slowly, keeping the leg slightly back.

**Repeat 3 sets of 10 Repetitions**

*Tip:* To better isolate, align your head, back, pelvis, and heel against a flat wall.



### CLAM SHELL

Lie on your side, with band at your knees. Keeping feet together, raise top knee and *slowly* lower.

**Repeat 30 times**



### BRIDGING

Laying on your back with your knees bent, lift your hips and lower *slowly*.

**Repeat 30 times**

*Tip:* Add a band at your knees to increase gluteal activation



### SQUAT

Slowly squat to a comfortable depth, **hold 5 seconds**, return to standing.

**Repeat 3 sets of 10 Repetitions**

*Tip:* Keep your weight back on your heels to prevent your knees from traveling forward over your toes.



**Additional exercises: Quad set, supine straight leg raise, and heel and toe raise**

