

# INTERMEDIATE

AJAX  
PHYSICAL  
THERAPY

## PRE-SKI AND IN-SEASON EXERCISE PROGRAM

### LATERAL SQUAT WALK

Squat down and *maintain the squat through the whole exercise* while walking laterally 30 to 50 ft with a band at your knees, return to the start, then rest.

**Repeat 3 times** in each direction

*Tip:* Stay low. Lead with your knees rather than feet to keep the knees out and engage the glutes.



### PLANK

Plank on forearms with elbows directly under your shoulders. Hold hips in line with shoulders and ankles.

**Hold 30 seconds, repeat 5 times,** adjust hold time and repetitions to your abilities.



### LUNGE

Lunge forward with a single leg and return to standing, or perform a walking lunge alternating legs as you walk forward.

With either method, **repeat 3 sets of 15 each leg.**

*Tip:* Keep 90 degrees at trunk hips and knees.

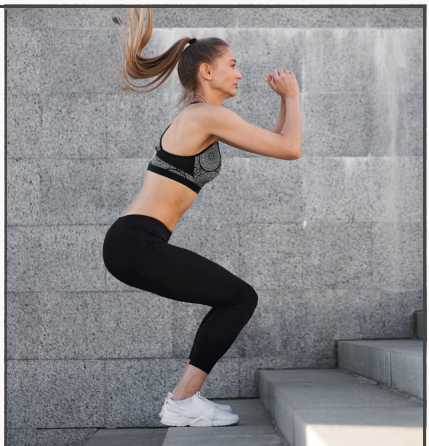


### JUMPING

Jump to train your muscles and joints for unexpected impacts during skiing. Start by jumping in place. Progress up to a small step over time, then a higher surface if you desire.

**Repeat 3 sets of 10 repetitions**

*Tip:* Watch your mechanics, do not allow your knees to fall in on takeoff or landing.



**Additional exercises:** Side plank, lateral step up, and quadruped shoulder flex/hip ext

