

BEGINNER



AJAX
PHYSICAL
THERAPY

PRE-SKI AND IN-SEASON EXERCISE PROGRAM

SIDE LEG RAISE - HIP ABD

Lie on your side, keeping your top hip forward. Raise your top leg slowly, keeping it slightly back from the rest of your body.

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.





PRE-SKI AND IN-SEASON EXERCISE PROGRAM

QUAD SET

Use the quadriceps muscle on the front of your thigh to press your knee down into the floor. Hold for 10 seconds. Then release.



STRAIGHT LEG RAISE

First, perform a quad set (above). Keep the front of your thigh contracted and knee straight while slowly raising and lowering your leg.

Perform 3 sets of 10 repetitions



CALF RAISE

Raise your heels up high so you are standing on your toes. Focus on lowering slowly and repeat.

Perform 3 sets of 10 repetitions



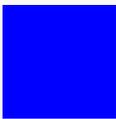
TOE RAISES

Using the muscles on the front of your shins, raise up your toes so only your heels are touching the ground. Slowly lower your toes and repeat.

Repeat 3 sets of 10 Repetitions

Tip: You can also walk around on your heels as an alternate version of this exercise.





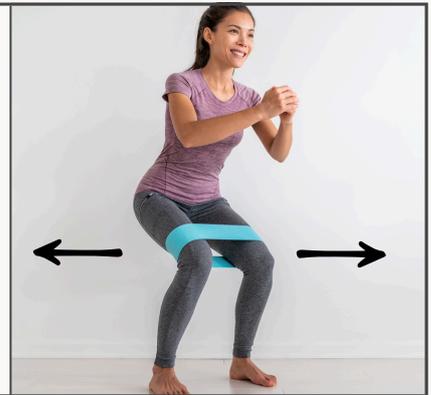
PRE-SKI AND IN-SEASON EXERCISE PROGRAM

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.

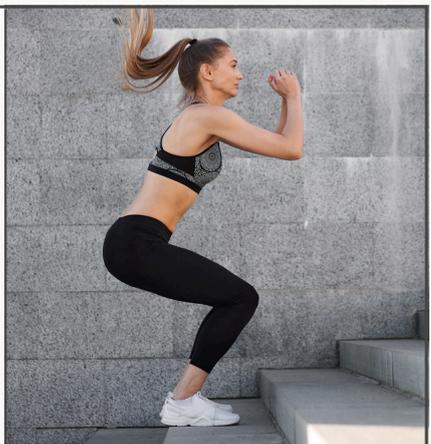


JUMPING

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.





PRE-SKI AND IN-SEASON EXERCISE PROGRAM

SIDE PLANK

Lay on your side supporting yourself on your elbow and foot, or bent knee as a modification. Lift your hips from the floor and slowly lower them back to the floor.

Repeat 3 sets of 10 each side



LATERAL STEP DOWN

Standing on a step with one leg, bend your knee to lower your body, dropping the opposite leg towards the floor. Return to standing with a straight knee and repeat.

Repeat 10 to 15 repetitions 3 times for each leg.



BIRD DOGS

On all fours, extended an opposite hand and foot as far from each other as possible, straightening your arm and leg. Return to the starting position and start again with the opposite hand and foot.

Repeat 3 sets of 10 repetitions

Tip: You can use a yoga ball under your stomach for increased challenge.





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.





PRE-SKI AND IN-SEASON EXERCISE PROGRAM

BOX JUMP

Start small. Jump up to a stable object like a small step. Progress into large jumps over a few weeks of repeating this exercise. This will help prepare you for unexpected changes in snow surfaces while skiing.

Repeat 3 sets of 10



STRAIGHT LEG BRIDGE

Press your heels into the ground to lift your hips off the floor. Start a slow marching motion, lifting one knee up towards your chest and then the other.

Repeat 10 to 15 each side, 3 sets.



NORDIC HAMSTRING CURL

With your feet and ankles secured by a partner or secure object, lower your trunk forwards as close to the floor as possible and return to upright.

Repeat 3 sets of 10.

