

BEGINNER



AJAX
PHYSICAL
THERAPY

PRE-SKI AND IN-SEASON EXERCISE PROGRAM

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





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





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

