

Skiing Preparation Program

Exercise:

Standing Quadriceps Stretch



PULL THE HEEL IN TOWARDS BUTTOCKS UNTIL A COMFORTABLE STRETCH IS FELT IN FRONT OF THIGH.

Repeat: 2 times **Sets:** 1

Hold Time: 30 secs **Resistance/Time:** 0

Sessions: 2 /day

Exercise:

Hamstrings Stretch in Long Sitting



SIT WITH THE INVOLVED LEG STRAIGHT OUT AND THE OTHER BENT AS ILLUSTRATED. GENTLY LEAN FORWARD REACHING TOWARD YOUR TOES TO OBTAIN A STRETCH.

Repeat: 2 times **Sets:** 1

Hold Time: 30 secs **Resistance/Time:** 0

Sessions: 2 /day

Exercise:

Bilateral Hip Adductor Stretch



IN THE SEATED POSITION BEND BOTH LEGS AND PUT THE FEET TOGETHER. ALLOW THE KNEES TO LOWER TO THE GROUND TO INCREASE THE STRETCH.

Repeat:	2 times	Sets:	1
Hold Time:	30 secs	Resistance/Time:	0
Sessions:	2 /day		

Exercise:

Wall Sit



KEEP HEAD SHOULDERS AND BACK AGAINST WALL WITH FEET OUT IN FRONT AND SLIGHTLY WIDER THAN SHOULDER WIDTH. SLOWLY LOWER BUTTOCKS WHILE SLIDING DOWN WALL UNTIL THIGHS ARE 1/3 BENT. KEEP BACK FLAT.

Repeat:	10 times	Sets:	3
Hold Time:	3 secs	Resistance/Time:	0
Sessions:	2 /day		

Exercise:

Lunge



STEP OUT APPROXIMATELY 2-3 FEET THEN LOWER YOUR HIPS DOWN TOWARD THE GROUND. STRAIGHTEN UP AND STEP BACK TO THE INITIAL POSITION.

Repeat:	10 times	Sets:	3
Hold Time:	3 secs	Resistance/Time:	0
Sessions:	2 /day		

Exercise:

Lateral Hop



STAND WITH YOUR FEET SLIGHTLY CLOSER THAN SHOULDER WIDTH APART AND HOP SIDE TO SIDE. AS SOON AS YOU LAND JUMP BACK TO THE OTHER SIDE. AS YOU PROGRESS PLACE A LINE OF TAPE ON THE FLOOR AND JUMP OVER IT.

Repeat:	25 times	Sets:	1
Hold Time:	0 secs	Resistance/Time:	0
Sessions:	2 /day		