

PREPARATION FOR SKIING 2.

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Hold the end position of each exercise for a count of 3 before returning to the start, which is one repetition.

Start with 6 repetitions of each exercise (each side of the body where appropriate) and repeat twice with a brief rest in between sets. Build up to 3 sets of 10 repetitions.

1. Press-ups. Good for core stability and strengthening the muscles which stabilise your shoulder blades. Vary your arm position, bringing the elbows closer to the body to exercise the triceps.



2. Elevated side leg raise. Works the abdominals at the same time as the abductors (gluteus medius and tensor fascia latae).



3. Plank with leg lift. Keep the body in line and lift one knee towards your upper arm, alternating sides.



4. Clam – advanced variation. Makes the gluteus medius work very hard. Aim to keep the upper hip and knee level whilst rotating your foot away from the floor.



5. Gym ball hip raises. Works the gluteals and hamstrings, especially the gluteus medius which is key to hip joint stability during walking etc. Hold for a count of 7 at the top of each repetition.



6. Gym ball pike. Keep your toes on the ball and roll it towards your hands and back smoothly. There's not much this doesn't exercise.



7. Gym ball side crunch. Make sure you keep all movement in a sideways plane.



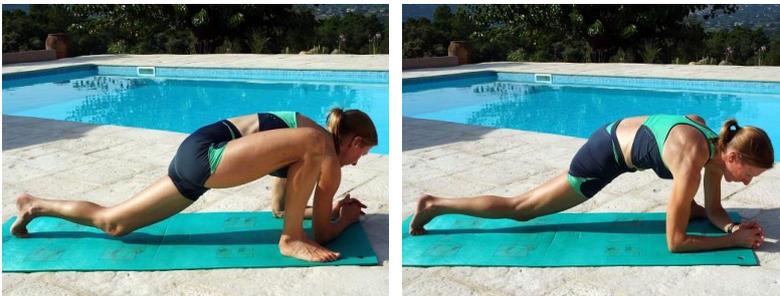
8. Ski squats. Start against a wall without the gym ball if you find this too challenging initially. Get your upper legs as parallel to the floor as possible and extend alternate legs, holding the extension for a count of three each time.



9. Gym ball back extensions. The postural muscles running either side of your spine are constantly in use so need to maintain good strength and endurance. This exercise also helps maintain essential mobility in your thoracic spine.



10. Lizard lunge. A yoga pose that's great for stretching the hip flexors, quadriceps and adductors, as well as the back. Place your forward foot out to the side. Build up to holding for 40 seconds each side.



11. Locust. Strengthens the muscular chain along the back line of the body that's responsible for holding you upright, at the same time as stretching the front line of the body. The reverse is inclined to happen to our posture over time. Hold for 40 seconds.



12. Squat with twist. Gives a lower leg and back stretch whilst working the upper back and chest. Hold for 40 seconds.

