

Ski/Snowboarding Training Program

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Winter is not always thought of as an outdoor sport season, but here in New England, thousands of families head north to hit the slopes at the first hint of snow every year. While a percentage of injuries on the slopes are traumatic in nature, several are due to falls or accidents related to poor conditioning and overall fatigue. A common thing we hear from skiers after an injury was that it happened on “the last run of the day.” Call it quits before it is too late, a majority of injuries occur mid-afternoon and later, when your legs are fatigued and

conditions/visibility might not be ideal. Also, stick to the trails. It goes without saying that several ski injuries could be prevented by skiing SAFE and not taking too great a risk like going off the back side of the mountain. When preparing to get in shape for your ski season, follow these exercise guidelines that are based on the latest research in ski conditioning and injury prevention. Perform these exercises 3 times per week for at least 6 weeks before the start of the season. Follow the directions, and enjoy the slopes!

1) **Heel Raises:** Stand with your heels hanging off a step. Pick up your left foot. Standing on your right leg only, lift your heel all the way up, then back down slowly. Repeat 3 sets of 15 reps on each leg.



2) **Hip Dips:** Hold 5# weights in each hand. Standing on one leg only with your knee slightly bent, lean your trunk forward while extending your back leg. Keep your stomach tight, your back flat and chest lifted. Repeat 2 sets of 15 on each leg.



3) **Dead Lifts:** Begin standing with 5# weights in your hands. Keep your knees slightly bent, your stomach muscles tight and your back flat. Let your arms and trunk come forward, keeping your chest lifted. Lift back up and repeat 2 sets of 15 reps.



4) **Squats with Weight:** Begin standing with a medicine ball at your waist. Lower your hips to the floor, keeping your stomach tight, your back flat, and your knees in line with your toes. Lift back up and repeat.



5) **Single Leg Squat:** Stand holding a medicine ball. Squat down on one leg, keeping your hips back and your knee in line with your toes, try not to lean your trunk or let your knee fall inward. Repeat 2 sets of 15 reps on each leg.



6) **Lunges:** Begin holding onto a medicine ball at your waist. Take a large step forward, bend both your knees and lower yourself to the floor. Lift back up, step back together and repeat, 2 sets of 15 reps with each leg leading.



7) **Lateral Lunges:** Begin with a medicine ball at your waist. Take a large step to the side, sit your hips back and squat down, keeping the opposite leg straight. Lift back up, step together and repeat, 2 sets with each leg leading.



8) **BOSU Squats:** Begin standing with 5# weights in your hands on a BOSU trainer. Squat your hips down while reaching to chest height with your arms. Repeat 2 sets of 15 reps.



9) **Arm Raises In Tandem:** Begin with 5# weights in your hands, standing in line heel to toe. Raise arms out to the side. Lower them back down. Perform 15 raises with each foot forward.



10) **Core Stabilization:** Begin lying down with arms overhead, hips and knees at a 90 degree angle off the floor, and stomach muscles engaged, low back in neutral position. Extend one leg out straight, then the other, without touching the floor. Repeat 20 reps on each leg, 2 sets.



11) **Unilateral Bridges:** Begin lying on your back with one knee bent, foot flat, the other straight in the air. Lift your hips off the floor. Lower back down, repeat, 2 sets of 20 on each leg.



12) **Plank Stabilization:** Begin lying on your stomach. Lift your whole body up, supported by your forearms and toes. Lift your right leg and left arm straight out. Lower back down and repeat with left leg and right arm. Repeat 10 reaches on each side.



13) **Press Ups:** Lie on your stomach, hands underneath your shoulders. Lift your trunk up while keeping your hips flat and relaxed. Lower back down and repeat: 1 set of 15.



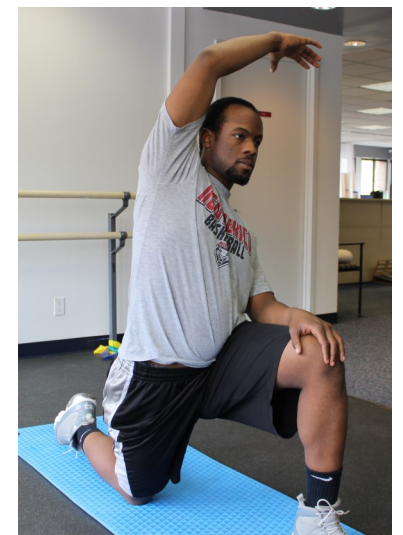
14) **Thigh Stretch:** Begin standing, hold your heel to your buttock. Hold for 30 seconds on each leg.



15) **Calf Stretch:** Stand facing a wall. Place one leg straight back with toes pointed ahead. You should feel a stretch in the back of the lower leg. Hold for 30 seconds, repeat on each side.



16) **Hip Stretch:** Kneel with one leg bent in front. Shift your hips forward and reach your arm up overhead. You should feel a stretch in the front of your rear thigh. Hold 30 seconds, on each leg.



17) **Groin Stretch:** Squat down and reach one leg straight out to the side. Hold for 30 seconds, each leg.



18) **Hamstring Stretch:** Lie on your back with one leg straight up, holding behind the knee with your hands. Hold 30 seconds, repeat each leg.

