POWER EXERCISES FOR SKIERS

Good fitness is one of the keys to staying safe on the slopes.

YOUR REHABILITATION PROGRAMME

This training programme has specific exercises to strengthen muscles around your leg and lower back as well as your core. It is important to ensure the exercises are performed with good technique. Poor practice can place potential strain on muscles and joints and lead to injury. With any squatting or lunging exercise ensure your knee remains aligned over your middle toe as you bend and straighten. Don't let it sway inwards or outwards, use your muscles to control this – it is essential to train the muscles correctly, to strengthen them with ideal knee alignment to prevent injury.

PROGRESSION SPEED

able to do the exercise but to do it correctly, with appropriate control. If at any time, you feel pain or discomfort stop the exercises and consult your therapist.

FULL WALL SQUAT



Open your legs slightly wider than shoulder width, stand with your back resting against a wall, and bend your knees to the full squat position (90 degrees). Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground, do not let your heels raise from the floor. This exercise will help to strengthen your quadricep muscles, knee joints and legs. You can progress this exercise by doing them on one leg - single leg squat.

SETS	REPS

Video:
https://youtu.be/dXkL0muKCLo

SUPINE BRIDGE BASIC



Lie flat on your back, with your knees bent, squeeze your buttock muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your stomach towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles. You can progress this exercise, when your buttocks are up (back straight) alternatively straighten one leg at a time. Keep your hips level and don't drop your bottom.

SETS	REPS

Video:
http://youtu.be/fK_xUE3OKIE

PLANK OPPOSITE ARM AND LEG





Rest on your forearms and your toes. Lift one forearm off the ground and your opposite leg off the ground. Hold this position. Repeat to the other side. Keep good straight posture, and do not let your back arch too much. This is a core strengthening exercise.

WALKING LUNGE WITH MEDICINE BALL TWIST



Start by simply doing walking lunges keeping your body straight and looking forward. Once you are happy with this progress to - Holding a medicine ball, take a step forwards, and bend your front knee past the vertical. Your back knee drops towards the floor. Always keep good alignment: your knee should stay over the 2nd ray of your foot, andnever let your knee drop inwards. When you get into the lunge position, rotate your torso towards your knee. Continue into the next lunge, and repeat the twist.

SETS	REPS

Video:
http://youtu.be/iobzWHqthJs

PLYOMETRIC CALF AND QUAD RAISE



Step up onto the step or bench, and drive your knee upwards towards the ceiling. Bring your knee back down and foot off the step. One foot will always stay on the step, while the other will come on and off the floor. Keep the speed of the exercise brisk. This is a strengthening exercise for the calf muscles and lower leg. Repeat one sided, then switch to your other leg.

SETS	REPS

Video:
http://youtu.be/TLyrvatVlWU

FULL SQUAT SINGLE LEG CUP REACH



Place 5 cups in front of you, and stand in the middle of them. Squat down (on one leg), and reach for one cup then come up, then repeat with the second cup, etc. Be careful to maintain control to the leg, and do not perform the exercise too quickly. Always keep your foot flat on the ground, do not let your heel raise from the floor. Mix this exercise up by doing the same thing but with your leg/knee straight and back straight hinging at the hips to reach the cups. This works your hamstrings and glute muscles

SETS	REPS

Video:
https://youtu.be/ROv8Mt4XtVY

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