**PRESEASON SKIING EXERCISES**

**Complete all exercises as described and then repeat three times**

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| 1. **Lunges with Dougal**   C:\Users\nicola\Pictures\Work photos\Preseason 1.JPG | *Start position:* ***Stand in a step stance***   * Slowly lower your back knee to the ground ensuring that your front knee is traveling over your second toe. * Keep your chest up and your abdominals gently drawn in * Push through the front foot to return to the start position. * Repeat 10x each leg |
| 1. **Jumping side lunges with Hannah**   C:\Users\nicola\Pictures\Work photos\Preseason 4.png | *Start position:* ***Stand with feet shoulder width apart***   * Push off and jump to the side landing on the outside leg * Push off to the other direction * Ensure when landing that your knee is over you second toe and that your pelvis stays level * Repeat 10x to each side |
| 1. **Wall sit with Nic**   **C:\Users\nicola\Pictures\Work photos\Preseason 5.png** | *Start position*: ***Stand with feet shoulder width apart***   * Lower down into a squat keeping knees over second toes * Hold for 60 seconds |
| 1. **Single leg dead lift with Jen**   C:\Users\nicola\Pictures\Work photos\Preseason 2.png | *Start position*: ***Stand balanced on one leg with a slight bend in the knee***   * Engage your abdominals and slowly lower your body forward whilst raising your back leg, keeping it straight * Return to start position * Repeat 10x each leg |
| 1. **Single leg bend with Kate**   C:\Users\nicola\Pictures\Work photos\Preseason.png | *Start position:* ***Stand balanced on one leg***   * Engage your abdominals and slowly lower down on one leg. * Ensure that your knee travels over you second toe * Repeat 10x each leg |
| 1. **Bridge with Rebecca**   C:\Users\nicola\Pictures\Work photos\Preseason 3.png | *Start position:* ***Lie on the ground with your feet on a chair or Swiss ball***   * Engage your abdominals and squeeze your buttock muscles to lift your hips off the floor. * Slowly lower to the floor * Repeat 10x |