

Ski / Ride Exercise Guide



Daily Warm Up Exercises

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Daily Pre Skiing/Riding Warm Up Exercises

video: www.BumpsForBoomers.com/exercise

DAILY WARM UP EXERCISE: Cat and Camel

On floor, hands and knees position
Round low back and hold 3 seconds
Then move to an arched low back, hold 3 seconds
Keep motion fluid back and forth
Repeat 10–15 times



DAILY WARM UP EXERCISE: Stomach Press-up

Lay face down on floor
Using arms, lift chest up keeping hips on floor
Hold 3–5 seconds
Repeat 10 times
Caution – avoid if back pain



DAILY WARM UP EXERCISE: Hip Extensions

Hands and knees position, keep back flat
Push one heel to ceiling
Repeat 10 times each leg



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DAILY WARM UP EXERCISE: Hip Circles

Hands and knees position, keep back flat

Keeping knee bent, perform hip circles

Repeat 10 times clockwise, 10 times counter-clockwise, each leg



DAILY WARM UP EXERCISE: Side Kicks

Hands and knees position, keep back flat

Extend one leg back, turn toe out, bring leg around to side and back

Repeat 10 times each leg



DAILY WARM UP EXERCISE: Mid Back Rotation

Hands and Knees position

Lift one arm out to side and up

Turn the upper body

Repeat 10 times each side



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DAILY WARM UP EXERCISE: Side Lie Leg Lift

Side lie position, lift top leg up
Keep back straight
Repeat 10 times each leg



DAILY WARM UP EXERCISE: Inner Thigh Leg Lift

Side lie position
Bend top leg forward and lift bottom leg up with knee straight
Repeat 10 times each



DAILY WARM UP EXERCISE: Shoulder Reach back and Turn

Side lie position, top leg forward
Reach top arm up and back
Turn torso in direction of arm
Repeat 10 times each side



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DAILY WARM UP EXERCISE: Hamstring

On back, one knee bent, straighten other leg
Rapidly lift the straight leg up and down
Keep hip on floor
Repeat 10 times



DAILY WARM UP EXERCISE: Bridge

Bridge position, bend one knee
Straighten other leg
Lift buttock of bent knee up off floor 12"
Repeat 10 times each side



DAILY WARM UP EXERCISE: Scissor Stretch

Lie on back, straighten one leg
Bring the straight leg across the body
Stretch the back of the hip
Then bring the leg back across the body
Stretch the groin
Repeat 10 times each leg



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DAILY WARM UP EXERCISE: Hip Stretch

Half kneel position
Shift weight forward
Tighten abdominals and buttocks
Keep back straight
Hold 3–5 seconds, repeat 10 times



DAILY WARM UP EXERCISE: Quad Stretch

Stand tall against wall
Pull one heel to buttock and hold
Hold 5–10 seconds
Repeat other leg, 10 times each leg



DAILY WARM UP EXERCISE: Single Leg Touch

Stand tall and balance on one leg
Bend over and reach arm to floor in front of opposite foot
Keep back straight
4 count reach to floor – touch floor if possible. If not, just reach toward floor
Repeat 10 times

