# Ski / Ride Exercise Guide



## **Daily Warm Up Exercises**

video: www.BumpsForBoomers.com/exercise



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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	
	and a second

#### 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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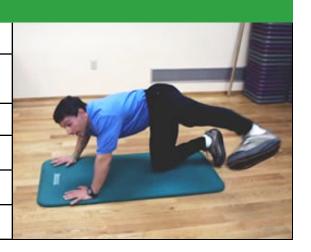
DAILY WARM UP EXERCISE: Hip Circles	
Hands and knees position, keep back flat	
Keeping knee bent, perform hip circles	
Repeat 10 times clockwise, 10 times counter- clockwise, each leg	

#### 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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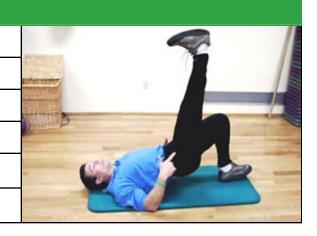


DAILY WARM UP EXERCISE: Hamstring	
On back, one knee bent, straighten other leg	201
Rapidly lift the straight leg up and down	D Der
Keep hip on floor	1
Repeat 10 times	



#### 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	A N
Then bring the leg back across the body	
Stretch the groin	
Repeat 10 times each leg	Harrison

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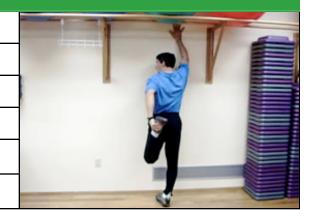
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DAILY WARM UP EXERCISE: Hip Stretch	
Half kneel position	
Shift weight forward	
Tighten abdominals and buttocks	
Keep back straight	
Hold 3-5 seconds, repeat 10 times	

#### 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 oppo- site foot	
Keep back straight	
4 count reach to floor - touch floor if possible. If not, just reach toward floor	
Repeat 10 times	