Ski / Ride Exercise Guide

Daily Warm Up Exercises

Your body is your most important piece of equipment. Take care of it.
### 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
### DAILY WARM UP EXERCISE: Hip Circles

<table>
<thead>
<tr>
<th>Position and Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hands and knees position, keep back flat</td>
</tr>
<tr>
<td>Keeping knee bent, perform hip circles</td>
</tr>
<tr>
<td>Repeat 10 times clockwise, 10 times counter-clockwise, each leg</td>
</tr>
</tbody>
</table>

![Hip Circles Image](image)

### DAILY WARM UP EXERCISE: Side Kicks

<table>
<thead>
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<tbody>
<tr>
<td>Hands and knees position, keep back flat</td>
</tr>
<tr>
<td>Extend one leg back, turn toe out, bring leg around to side and back</td>
</tr>
<tr>
<td>Repeat 10 times each leg</td>
</tr>
</tbody>
</table>

![Side Kicks Image](image)

### DAILY WARM UP EXERCISE: Mid Back Rotation

<table>
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<th>Position and Instructions</th>
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<tbody>
<tr>
<td>Hands and Knees position</td>
</tr>
<tr>
<td>Lift one arm out to side and up</td>
</tr>
<tr>
<td>Turn the upper body</td>
</tr>
<tr>
<td>Repeat 10 times each side</td>
</tr>
</tbody>
</table>

![Mid Back Rotation Image](image)
# Daily Warm Up Exercises

## Side Lie Leg Lift
- Side lie position, lift top leg up
- Keep back straight
- Repeat 10 times each leg

## Inner Thigh Leg Lift
- Side lie position
- Bend top leg forward and lift bottom leg up with knee straight
- Repeat 10 times each

## 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
### 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**

![Hip Stretch Image]

### 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**

![Quad Stretch Image]

### 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**

![Single Leg Touch Image]