

Ski / Ride Exercise Guide



Phase 1 Exercises

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Phase 1 Lower Body Exercises

video: www.BumpsForBoomers.com/exercise

PHASE 1 LOWER BODY EXERCISE: Leg Press

Hip, knee and ankle in alignment
Bend knee toward chest, pain free
Do not let knees deviate inward
Ideally, one leg at a time
Speed: 3 second count ... ascent and descent
10 – 12 repetitions ... 2 – 3 sets



PHASE 1 LOWER BODY EXERCISE: Ball Squat

Feet shoulder width apart
Push buttocks back, descend thighs parallel to floor
Do not let knees deviate inward
Even weight distribution on both legs
Let chest come forward with a straight back
10 – 12 repetitions ... 2 – 3 sets



PHASE 1 LOWER BODY EXERCISE: Wall Squat

Feet closer than shoulder width apart
Descend until thighs parallel to floor
Keep knees straight in alignment over feet
80% weight on one leg
Let chest come forward with a straight back
10 – 12 repetitions ... 2 – 3 sets per leg



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PHASE 1 LOWER BODY EXERCISE: Dumb Bell Bench Squat

Feet shoulder width apart
Descend until buttocks touch bench
Do not let knees deviate inward
Even weight distribution on both legs
Let chest come forward with a straight back
10 – 12 repetitions ... 2 – 3 sets



PHASE 1 LOWER BODY EXERCISE: Side Step-Up

Use 6" to 8" height stair
Balance on one leg ... keep weight balanced on leg
Descend slowly and laterally until outside leg touches floor
Controlled descent ... do not drop too fast
Speed: 3 second count ... ascent and descent
10 – 12 repetitions ... 2 – 3 sets per leg



PHASE 1 LOWER BODY EXERCISE: Back Step Lunge

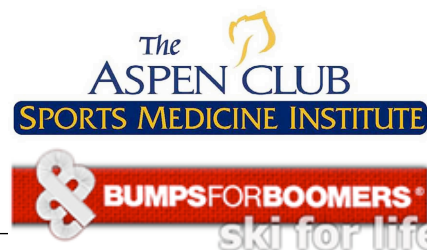
Tall posture ... chest upright
Weight on front foot, step back with other leg
Avoid inward deviation of front knee
Single leg exercise
Speed: 3 second count ... ascent and descent
10 – 12 repetitions ... 2 – 3 sets per leg



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PHASE 1 LOWER BODY EXERCISE: Bent Over Toe Touch

Start standing tall, both feet on floor – bend forward

Reach to floor, feel hamstring stretch

Do not round back

Single leg exercise

Speed: 3 second count ... ascent and descent

10 – 12 repetitions ... 2 – 3 sets



PHASE 1 LOWER BODY EXERCISE: Hamstring Curl On A Ball

Bend knees 90 degrees

Push heels down ... lift buttocks

Weight over feet pointing upward

Avoid extreme toe out

Speed: 3 second count ... ascent and descent

10 – 12 repetitions ... 2 – 3 sets



PHASE 1 LOWER BODY EXERCISE: Developing An Aerobic Base

30 – 45 minutes ... 3 – 5 days per week

bike, jog, walk, swim

Approximately 70–75% of maximum heart rate



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Phase 1 Upper Body Exercises

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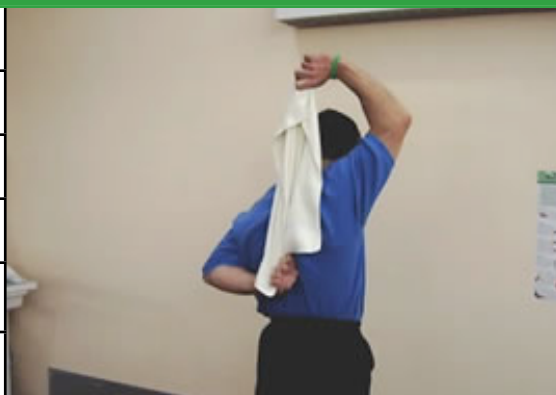
PHASE 1 UPPER BODY EXERCISE: Range Of Motion Flexion

Thumb pointing up
Elevate arm
Shoulder blade depressed
Hold 3 seconds at highest point
Repeat 12 times



PHASE 1 UPPER BODY EXERCISE: Range Of Motion Internal Rotation

Grasp towel with lower arm behind back
Pull towel upward with other hand
Hold 3 seconds
Repeat 12 times



PHASE 1 UPPER BODY EXERCISE: Range Of Motion External Rotation

Start in scare-crow position
Rotate arms up, keeping upper arm at 90 degree angle
Hold 3 seconds
Repeat 12 times



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Phase 1 Upper Body Exercises

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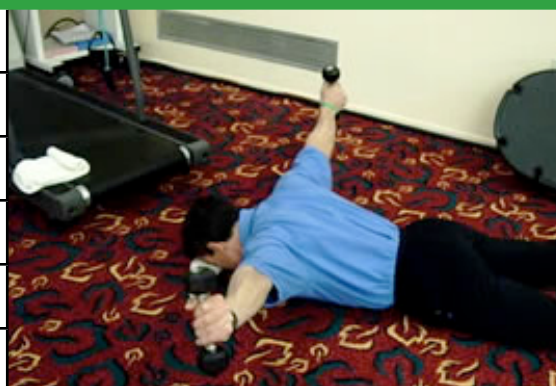
PHASE 1 UPPER BODY EXERCISE: I

Arms by side, elbows straight, palms down
Lift arms up 3–4" off floor
Hold 3 seconds
Keep forehead on rolled up towel
Add resistance with dumbbells, 3 or 5 lb.
Repeat 10–12 times



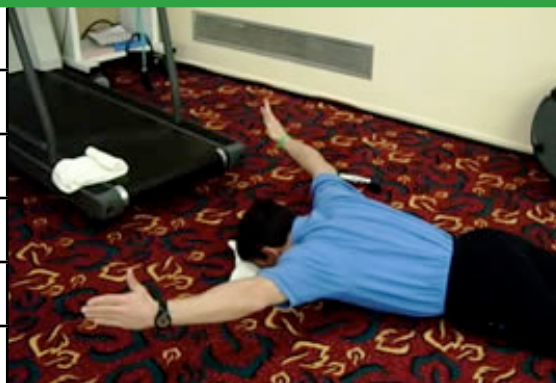
PHASE 1 UPPER BODY EXERCISE: T

Arms out by side, thumbs up
Lift arms up 3–4" off floor
Hold 3 seconds
Keep forehead on rolled up towel
Add resistance with dumbbells, 3 or 5 lb.
Repeat 10–12 times



PHASE 1 UPPER BODY EXERCISE: Y

Arms up over head, thumbs up
Lift arms up 2–3" off floor
Hold 3 seconds
Avoid shrugging neck
No weight resistance necessary
Repeat 10–12 times



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PHASE 1 UPPER BODY EXERCISE: Side Lie External Rotation

Side lie position, elbow resting on hip
Use a 3, 5 or 8 lb dumbbell
Rotate arm up and down, to and from floor
3 count, ascent and descent
Repeat 10–12 times
See video for details



PHASE 1 UPPER BODY EXERCISE: Rows w/band or cord

Rowing motion
Shoulder blades pinched back and together
Hold 3 seconds
Repeat 10–12 times
Can be done standing or sitting
Preferably standing with knees bent



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Phase 1 Core Exercises

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PHASE 1 CORE EXERCISE: Abdominal Curl Up

Tense abdominals
Lift shoulder and mid-back up 2-3"
Keep chin tucked
Hold 3 seconds
Repeat 10-12 times
2 sets



PHASE 1 CORE EXERCISE: The Bridge

Tense abdominals and buttocks
Lift buttocks up 6-12" off floor
Intensify abdominal and buttock contraction
Hold 3 seconds
Repeat 10-12 times
2 sets



PHASE 1 CORE EXERCISE: Side Lie Leg Lift

Tense abdominals keeping back straight
Lift top leg up, foot parallel with floor
Hold 3 seconds
Repeat 12 times
2 sets



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PHASE 1 CORE EXERCISE: Opposite Arm Leg Reach

Tense abdominals
Lift right leg w/left arm and extend and reach
Keep back straight
Hold 5-10 seconds
Repeat opposite side
Repeat 10-12 times

