Ski / Ride Exercise Guide

Phase 2 Exercises
### Phase 2 Lower Body Exercise: Enhanced Single Leg Press

- Alignment as in Phase I
- Increase weights
- Emphasis on slow speed descent – 4 count
- Repeat 8–10 times
- 2–3 sets

### Phase 2 Lower Body Exercise: Wall Squats With Weights And Ball

- Alignment as in Phase I
- Increase dumbbell weight
- Slow descent – 4 count
- Repeat 8–10 times
- 2–3 sets

### Phase 2 Lower Body Exercise: Squat Jumps (Power)

- Squat and jump forcefully upward
- Bend knees on landing and let hips go backward
- Focus on shock absorption (quiet landing)
- Repeat 8–10 times
- 3 sets
**PHASE 2 LOWER BODY EXERCISE: Side Step Up With Weights**

- Alignment as in Phase I
- Descend as in Phase I
- Increase dumbbell weight
- Slow controlled 4 count descent
- Repeat 8–10 times
- 2–3 sets

**PHASE 2 LOWER BODY EXERCISE: Side To Side Jumps (Agility / Balance)**

- Begin in squat position
- 2 legged side to side jumps over stick/line
- Quiet landings, bend knees, hips move backwards
- Repeat 10 times in each direction

**PHASE 2 LOWER BODY EXERCISE: Hop And Hold (Agility / Balance)**

- Start on 2 legs, semi-squat position
- Hop forward onto one leg and land
- Quiet landings, bend knee & hip
- Maintain proper alignment knee over foot
- Hold 3 sec on landing, repeat 10–12 times, each leg
- Progress with direction change (see video)
**PHASE 2 LOWER BODY EXERCISE: Single Leg Hamstring Curl**

- Heel on ball, pointing foot to ceiling
- Press foot down and lift buttock up
- Keep knee in alignment with foot
- Hold 3 seconds
- Repeat 8–10 times

**PHASE 2 LOWER BODY EXERCISE: Reach And Hold**

- Starting position stand tall
- Bend over and reach over leg toward front foot
- Keep back straight, fulcrum is hip
- Bend stance leg only minimally
- Repeat 10–12 times
- If you can’t reach floor, just reach toward it

**PHASE 2 LOWER BODY EXERCISE: Wall Squat And Hold (Endurance)**

- Alignment as in Phase I
- Knees over feet
- Upper body should move slightly forward off wall
- Hold time up to 30 seconds, progress to 1 minute
- 2 sets
### PHASE 2 LOWER BODY EXERCISE: Wall Squat And Weight Shift (Endurance)

<table>
<thead>
<tr>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alignment as above</td>
</tr>
<tr>
<td>Weight shift onto left leg and hold 3–5 seconds</td>
</tr>
<tr>
<td>Weight shift to right leg and hold 3–5 seconds</td>
</tr>
<tr>
<td>2 sets</td>
</tr>
<tr>
<td>Continue for 30 seconds and progress to 1 minute</td>
</tr>
</tbody>
</table>

Alignment as above

Weight shift onto left leg and hold 3–5 seconds

Weight shift to right leg and hold 3–5 seconds

2 sets

Continue for 30 seconds and progress to 1 minute
### PHASE 2 UPPER BODY EXERCISE: I

- Arm position as in Phase I
- Can be performed on floor, ball, or bench
- Increase dumbbell weight 2–3 lbs.
- Decrease repetitions to 8–10

### PHASE 2 UPPER BODY EXERCISE: T

- Arm position as in Phase I
- Can be performed on floor, ball, or bench
- Increase dumbbell weight 2–3 lbs.
- Decrease repetitions to 8–10

### PHASE 2 UPPER BODY EXERCISE: Y

- Arm position as in Phase I
- Can be performed on floor, ball, or bench
- No dumbbell weight necessary
- Avoid shrugging
- Repeat 10 times
**PHASE 2 UPPER BODY EXERCISE: Side Lie External Rotation (8 lb Weight)**

<table>
<thead>
<tr>
<th>Arm position as in Phase I</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increase weights by 1–2 lbs</td>
</tr>
<tr>
<td>Decrease repetitions to 8–10</td>
</tr>
<tr>
<td>4 count descent</td>
</tr>
</tbody>
</table>

**PHASE 2 UPPER BODY EXERCISE: One Arm Rowing**

<table>
<thead>
<tr>
<th>Double up on tubing to increase resistance</th>
</tr>
</thead>
<tbody>
<tr>
<td>One arm rowing motion</td>
</tr>
<tr>
<td>Shoulder blade back and down</td>
</tr>
<tr>
<td>Hold 3 seconds</td>
</tr>
<tr>
<td>Repeat 8–10 times</td>
</tr>
<tr>
<td>2 sets</td>
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</tbody>
</table>

**PHASE 2 UPPER BODY EXERCISE: Push Up**

<table>
<thead>
<tr>
<th>Push-up position, descend until chest touches floor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keep back straight</td>
</tr>
<tr>
<td>If shoulder pain, STOP</td>
</tr>
<tr>
<td>Modified position: on knees</td>
</tr>
<tr>
<td>Repeat 10–20 times depending on ability</td>
</tr>
<tr>
<td>2 sets</td>
</tr>
</tbody>
</table>
### PHASE 2 UPPER BODY EXERCISE: Wrist Curl - Palm Down

<table>
<thead>
<tr>
<th>Exercise Steps</th>
</tr>
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<tbody>
<tr>
<td>Hand holding dumbbell placed over edge of knee</td>
</tr>
<tr>
<td>Extend wrist – hand lifts up, palm facing down</td>
</tr>
<tr>
<td>Hold 3 seconds, lower slowly</td>
</tr>
<tr>
<td>Use 5, 8 or 10 lb dumbbell</td>
</tr>
<tr>
<td>Repeat 10–12 times</td>
</tr>
<tr>
<td>2 sets</td>
</tr>
</tbody>
</table>

### PHASE 2 UPPER BODY EXERCISE: Wrist Curl - Palm Up

<table>
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<th>Exercise Steps</th>
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<tbody>
<tr>
<td>Hand holding dumbbell placed over edge of knee</td>
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<tr>
<td>Flex wrist – hand lifts up, palm facing up</td>
</tr>
<tr>
<td>Hold 3 seconds, lower slowly</td>
</tr>
<tr>
<td>Use 5, 8, 10 or 12 lb dumbbell</td>
</tr>
<tr>
<td>Repeat 10–12 times</td>
</tr>
<tr>
<td>2 sets</td>
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</tbody>
</table>
### PHASE 2 CORE EXERCISE: Curl Up

- Technique as in Phase I
- Lift shoulders & mid-back up
- Intensify abdominal contraction– hold 3 seconds
- Repeat 15 times
- 2 sets

### PHASE 2 CORE EXERCISE: Bridge

- Technique as in Phase I
- Tense abdominals and buttocks
- Squeeze pillow or ball between knees to add resistance
- Hold 3–5 seconds
- Repeat 10–15 times

### PHASE 2 CORE EXERCISE: Side Lie Leg Lift

- Technique as in Phase I
- Can add ankle weights, 5 pounds
- Hold 3–5 seconds
- Repeat 10–15 times
### Phase 2 Core Exercise: Opposite Arm Leg Reach

- **Technique as in Phase I**
- **Flat back**
- **Hold 5–10 seconds**
- **Repeat 10–15 times on each side**

### Phase 2 Core Exercise: Plank

- **Plank position**
- **Tense abdominals, flat back**
- **Hold 5–10 seconds**
- **Then lower knees slowly to floor**
- **Repeat 10 times**

### Phase 2 Core Exercise: Plank Arm Lift

- **Plank position with straight arms, legs apart**
- **Lift one arm up while maintaining a flat back**
- **Do not twist or turn**
- **Hold 3–5 seconds**
- **Then switch arms**
- **Repeat 10 times each arm**
PHASE 2 CORE BODY EXERCISE: Side Plank

<table>
<thead>
<tr>
<th>Side plank position, tense abdominals, hips off floor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Keep body straight</td>
</tr>
<tr>
<td>Do not twist or turn</td>
</tr>
<tr>
<td>Hold 30 seconds</td>
</tr>
<tr>
<td>Repeat 2 times</td>
</tr>
<tr>
<td>Perform on both sides</td>
</tr>
</tbody>
</table>

Keep body straight
Do not twist or turn
Hold 30 seconds
Repeat 2 times
Perform on both sides