

Ski / Ride Exercise Guide



Phase 2 Exercises

Ski / Ride Exercise Guide

Phase 2 Lower Body Exercises

video: www.BumpsForBoomers.com/exercise

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



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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)



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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



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PHASE 2 LOWER BODY EXERCISE: Wall Squat And Weight Shift (Endurance)

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



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Phase 2 Upper Body Exercises

video: www.BumpsForBoomers.com/exercise

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



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Phase 2 Upper Body Exercises

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PHASE 2 UPPER BODY EXERCISE: Side Lie External Rotation (8 lb Weight)

Arm position as in Phase I
Increase weights by 1–2 lbs
Decrease repetitions to 8–10
4 count descent



PHASE 2 UPPER BODY EXERCISE: One Arm Rowing

Double up on tubing to increase resistance
One arm rowing motion
Shoulder blade back and down
Hold 3 seconds
Repeat 8–10 times
2 sets



PHASE 2 UPPER BODY EXERCISE: Push Up

Push-up position, descend until chest touches floor
Keep back straight
If shoulder pain, STOP
Modified position: on knees
Repeat 10–20 times depending on ability
2 sets



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Phase 1 Upper Body Exercises

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PHASE 2 UPPER BODY EXERCISE: Wrist Curl - Palm Down

Hand holding dumbbell placed over edge of knee
Extend wrist – hand lifts up, palm facing down
Hold 3 seconds, lower slowly
Use 5, 8 or 10 lb dumbbell
Repeat 10–12 times
2 sets



PHASE 2 UPPER BODY EXERCISE: Wrist Curl - Palm Up

Hand holding dumbbell placed over edge of knee
Flex wrist – hand lifts up, palm facing up
Hold 3 seconds, lower slowly
Use 5, 8, 10 or 12 lb dumbbell
Repeat 10–12 times
2 sets



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Phase 2 Core Exercises

video: www.BumpsForBoomers.com/exercise

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




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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	

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PHASE 2 CORE BODY EXERCISE: Side Plank

Side plank position, tense abdominals, hips off floor
Keep body straight
Do not twist or turn
Hold 30 seconds
Repeat 2 times
Perform on both sides

