

# Ski / Ride Exercise Guide



## Phase 3 Exercises

# Ski / Ride Exercise Guide

## Phase 3 Lower Body Exercises

video: [www.BumpsForBoomers.com/fitness](http://www.BumpsForBoomers.com/fitness)

### PHASE 3 LOWER BODY EXERCISE: Single Leg Press

Alignment as in Phase I
Increase weight
Descend weight with one leg over a 6 count
Push weight back up with 2 legs
Repeat 6–8 times



### PHASE 3 LOWER BODY EXERCISE: Super Slow Wall Squat Descents

Alignment as in Phase I
Weight 90% on one leg, hold dumbbells in hands
Descend slowly over a 6 count
Lower with one leg until thigh is parallel to floor
Push back up with 2 legs, Repeat 6–8 times
Increase dumbbell weight to make harder



### PHASE 3 LOWER BODY EXERCISE: Side To Side Hops (Agility)

Tubing out in front of body
Hop left foot to right foot
Quick landings, bend knee
Repeat 10–15 times each way




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### PHASE 3 LOWER BODY EXERCISE: Hop Hop Switch (Agility)

On right foot, perform 2 lateral hops to left	
Land on left foot, quiet landing, bend knee	
Then 2 hops to right, land on right foot	
Quick feet	
Repeat 10 times each way	
Refer to video for demonstration	

### PHASE 3 LOWER BODY EXERCISE: Jump Twist Balance (Agility)

Semi-squat position facing left	
Jump up and turn body to right and land on two feet, quickly repeat to left and back to right landing on one foot	
Turn body back and forth with jump	
Continue pattern left to right and right to left	
Repeat 10 times each way	
Refer to video for demonstration	

### PHASE 3 LOWER BODY EXERCISE: Wall Squat Hold Shuffle (Endurance)

Technique as in Phase I	
Chest slightly forward off wall	
Squat position, knees bent	
Shuffle feet, fast tempo	
Progress to 1 minute	
2- 3 sets	



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### PHASE 3 LOWER BODY EXERCISE: Single Leg Balance Challenge

Balance on one leg, keep leg straight
Reach one arm forward at various angles
Challenge your balance by reaching further away at various angles
Refer to video for demonstration
Maintain balance for up to 1 minute each leg



### PHASE 3 LOWER BODY EXERCISE: Single Leg Balance With Resistance

Balance on one leg, keep leg straight
Grab tubing with opposite arm
Reach forward, back flat
Return to upright position overcoming resistance of tubing
Repeat 10 times each leg



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## Phase 3 Upper Body Exercises

video: [www.BumpsForBoomers.com/exercise](http://www.BumpsForBoomers.com/exercise)

### PHASE 3 UPPER BODY EXERCISE: I

Arm position as in Phase 1
Increased resistance from Phase 2
Repeat 8 times
Also can be done on floor or bench



### PHASE 3 UPPER BODY EXERCISE: T

Arm position as in Phase 1
Increased resistance from Phase 2
Repeat 8 times



### PHASE 3 UPPER BODY EXERCISE: Y

Technique as in Phase 1 and 2
Repeat 10-15 times



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## Phase 3 Upper Body Exercises

video: [www.BumpsForBoomers.com/exercise](http://www.BumpsForBoomers.com/exercise)

### PHASE 3 UPPER BODY EXERCISE: Side Lie External Rotation

Technique and arm position as in Phase 1 and 2
Increased resistance from Phase II
Emphasis on descending weight slowly on a 6–8 count
Repeat 6–8 times
2 sets



### PHASE 3 UPPER BODY EXERCISE: Diagonal Chops with Tubing

Standing tall, grab tubing across front of body
Diagonally pull arm up and across body
Shoulders back, stay tall
Repeat 10–12 times
2 sets



### PHASE 3 UPPER BODY EXERCISE: Single Arm Push Up Against Wall

One arm pushing against ball on wall
Perform semi-push-ups
Keep back straight
Maintain balance
Repeat 10–12 times each arm



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## Phase 3 Upper Body Exercises

video: [www.BumpsForBoomers.com/exercise](http://www.BumpsForBoomers.com/exercise)

### PHASE 3 UPPER BODY EXERCISE: Band Push

- |   |
|---|
| Anchor tubing behind you, secure strap to hand    |
| Push arm straight forward like performing a punch |
| Progress to turning hips while pushing            |
| Repeat 10–15 times each arm                       |
| 2 sets  |
|   |






# Ski / Ride Exercise Guide


## Phase 3 Core Exercises

video: [www.BumpsForBoomers.com/exercise](http://www.BumpsForBoomers.com/exercise)


### PHASE 3 CORE EXERCISE: Side Plank

Side Plank position, technique as in Phase 2	
Tense abdominals, straight back	
Progress to lift top leg up	
Hold leg up for 10 seconds	
Repeat 5–10 times each side	
Refer to video for demonstration	

### PHASE 3 CORE EXERCISE: Plank Leg Lift

Plank position, back straight	
Lift one leg up, hold 5–10 seconds	
Alternate legs	
Repeat 10 times each leg	

### PHASE 3 CORE EXERCISE: Back Bridge Leg Up

Perform bridge position	
Extend one knee so leg up is off the floor	
Hold 5 seconds	
Repeat with other leg	
10 times each leg	



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### PHASE 3 CORE EXERCISE: Back Extension

Technique as in Phase 2

Increase hold time to 1 minute

Also can be done on bench with partner holding feet



### PHASE 3 CORE EXERCISE: Back Extension Leg Lift

On stomach over ball, waist over top of ball

Lift both feet up, keep back straight

Squeeze buttocks, tense abdominals

Hold 10 seconds

Lower and repeat 10 times



### PHASE 3 CORE EXERCISE: Band Split Stance

Grab tubing, arms out front, keep arms straight

In split stance position (one leg forward)

Turn body as a unit from hips

Repeat 10-12 times

Refer to video for demonstration



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## Phase 3 Core Exercises

video: [www.BumpsForBoomers.com/exercise](http://www.BumpsForBoomers.com/exercise)

### PHASE 3 CORE EXERCISE: Band Side Bend

Grasp tubing over head while standing straight

Perform side to side motion of upper body

Motion comes from hips

Keep back straight, tense abdominals

Repeat 10-15 times

Refer to video for demonstration

