

Be Strong Ride Strong

- All exercises should be pain-free and within your ability level.
- Focus on form and control while performing the exercises (ie. perform slowly!)
- The number of repetitions listed below are merely a guideline. The goal is to perform until you get a muscle burn, not failure of proper form, or muscle cramping.



Push-up Plus



- Perform a standard push-up
- At the top of the “up” phase push through your arms to round your upper back (Picture B)
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- Take care to keep your lower back straight (keep your buttocks down).
- *Advanced:* Perform with hands on exercise ball

Perform 3 x 10-15 repetitions
Perform 3-4 times / week.



Sidelying ER



- Lie on your side with a towel roll underneath your top arm.
- Hold your shoulder blade down and back throughout the entire exercise.
- Rotate your arm up and down slowly starting at your stomach and bringing your arm just past horizontal hold for 2 seconds then slowly return to starting position.
- *Advanced:* Perform while in a side plank position

Use a 10 oz can for weight
Perform 30-50 repetitions
Perform 3-4 times / week.



Hamstring Series

Position 1



Position 2



Advanced

Lie on your back with your heels resting on ball. Dig your heels into the ball to contract your hamstrings. Roll the ball towards you by bending your knees, while maintaining good hip and knee control.

Advanced: Perform while maintaining a bridge.

**10-15 reps, 2-3 sets
3-4 times/week**





Sitting Side Stretch





Physioball Knee Tucks





Low Lunge





Lumbar Spine Rotation Stretch





Wall Squats

Basic



Advanced



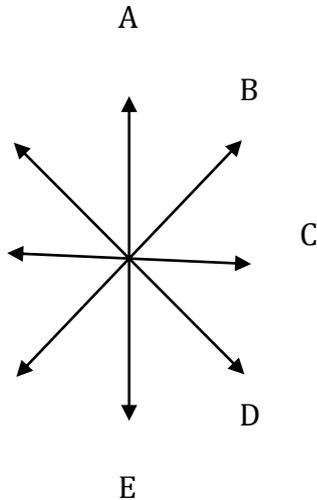
- Stand against a wall with your feet hip width apart.
- Slowly sit back into your hips as you sink down into a squat.
- Do not allow the knees to push forward beyond the toes.

Advanced (snowboard specific): perform while holding: 1.) toes up and 2.) heels up maintaining proper form

30-60 second holds, 4-6 sets; 3-4 times/week



Star Balance Squats



Example : standing on L in center of star

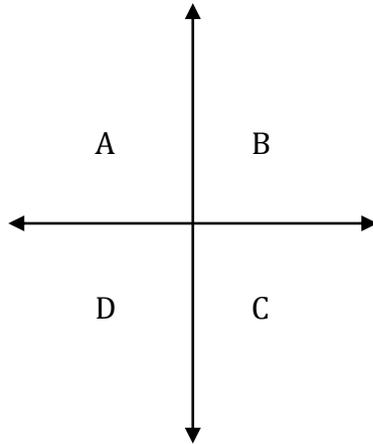


- Stand on 1 leg and perform a single leg squat reaching forward (A) with your uninvolved leg keeping your foot just off of the ground.
 - Return and repeat this time reaching towards point B.
 - Continue as above reaching to each point.
 - FOCUS ON CONTROL AND PROPER FORM.
- **Alternative:** Reach for the points with your opposite hand.

3-5 sets each leg; 3-4 times/week



Quadrant Hops



•Begin at point A and jump to point D landing with knee and hip bent. Repeat:
A → D → C → B → A → C → A → B → D

*Focus on technique and landing softly

Basic: Jump instead of hopping

2-3 sets each leg; 3-4 times/week