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X-C SKI EXERCISES TO PREVENT INJURY

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QUAD STRETCH

Stand near counter/rail for support and bend your knee, pulling your heel towards your buttock with your hand, focusing on keeping your knee underneath your hip and staying upright with torso. Hold this position for ~30 seconds and repeat 2-3 times per leg.

CALF STRETCH

Stand at the wall/counter in a stagger stance position with heel of back leg on ground and toes facing straight ahead. Lunge forward to the point that you feel stretch in the back of the lower leg. Hold position for ~30 seconds and repeat 2-3 times per leg.

HAMSTRING STRETCH

Lie on your back with a strap around instep of foot, holding with both hands. Keep your knee as straight as you can and raise entire leg up towards the ceiling until a stretch is felt in the back of the leg. Hold position for ~30 seconds and repeat 2-3 times per leg.

FIGURE 4 STRETCH

Lie on your back with ankle of leg to be stretched supported by opposite knee. Unweight support foot from floor and bring leg towards chest while pushing knee to be stretched away from body. Hold position ~30 seconds and repeat 2-3 times per leg.

UPPER BODY ROTATIONS

Stand in mini squat position with knees slightly bent and spine in flat/neutral position. Hold dowel or ski pole on upper back and try to rotate your upper body left and right without turning hips/knees. Repeat this back and forth about 20-30 times comfortably.

ARM SWINGS

Stand in mini squat bent over with spine flat/ neutral. Move your arms at a comfortable speed across your body as if hugging yourself and then reach arms backwards as if opening up for a hug. Repeat 20-30 times at comfortable speed.

LEG SWINGS

Stand with ski pole supports in hands with chest and torso upright. Keeping knees straight, swing one leg forward and backward through small range of motion at a comfortable speed 20-30 times and then switch legs.

LUNGE & TWIST

Starting in a standing position, step forward with one leg and bend both knees, lowering your body down towards the floor keeping chest/torso upright. Once in lowered position, rotate your upper body left and then right slowly, and then return to standing position. Repeat stepping forward with the opposite leg.

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