Wilmot Ski Team - Workout

From Pulse Boxing and Fitness in Highland Park

# FITNESS FOCUSES FOR SKIING

1. Hip Mobility
2. Spine & Hip Stability (Core)
3. Balance
4. Athletic Movements

# 10 Minute Mobility, Stability & Balance Workout:

1. Hip Mobility
   1. Side Lying Hip CARS : <https://youtu.be/zp5dQ5sZMVc> 5x per side
   2. Standing Hip CARS: <https://youtu.be/aid9zmwOJq8> 5x per side
   3. 90/90 External & Internal Rotation Flow: <https://youtu.be/v9sh95Ic12k> 2-3 minutes.
2. Spine Mobility into Spine/Hip Stability
   1. Cat/Cow : <https://youtu.be/qiv6vfZenj8> 30-60s.
   2. Side Plank on Forearm: 30s per side.
   3. Forearm Plank (hips in line with shoulders): 30-60s hold
   4. Bear Crawl: <https://youtu.be/M5dQQAcUHnE> 30-60s
   5. Wall Press Dead Bugs: <https://youtu.be/FbA2mEeoeww> 30-60s
3. Balance & Hip Flexion Drills: 10 repetitions per exercise per side, repeat 2-3x
   1. Air Squat: <https://youtu.be/ekVLkr3_ItQ>
   2. Anterior Lunge to Single Leg Balance: <https://youtu.be/qryPiRE-y2E>
   3. RDL Single Leg Reach w/ Step: <https://youtu.be/iK1w3Lgi_vY>