

1) FIVE MINUTE WARM-UP

2) CIRCUIT TRAINING

#1 SQUATS

1 minute

Start Position: Look straight ahead standing with feet shoulder width apart. Keep your weight distributed evenly over both feet with heels flat and your back straight.

Skiers: Arms out in front at an angle just less than 90 degrees with a slight bend in the elbows.

Riders: Arms out from your sides at a 90 degree angle.

Action: Inhale as you **slowly** sink into the squat until your knees bend to a 90 degree angle (do not go past 90-degrees). Exhale and slowly push back up from your heels.

Easier: Squat until knees bend only to 45 degrees.

Harder: Upon exhaling push back up with enough force to leave the ground 20-30 cm (power should only come from the legs with no bending at the waist or swinging of the arms). Land on balls of the feet with knees bent. Do not rush into the next squat upon landing, take a few seconds to regain the start position.



#2 CALF RAISES

1 minute

Start Position: Stand with your feet shoulder-width apart on the edge of a step. Keep your hands out to the sides and balance on the balls of your feet. Throughout the exercise stay focused on a spot 3 meters in front of you; this will help in maintaining your balance.

Action: Exhale while you slowly push your heels up until the calf muscles are fully contracted. Then inhale as you gradually lower your heels over the edge until a gentle stretch is felt along both calves. Keep in mind that balance is a key component of this exercise.

Easier: Do the calf raises on level ground.

Harder: Keep your hands behind your head and point your elbows straight out to the sides.



#3 LUNGES

2 minutes

Start Position: Keep your head up, back straight and feet shoulder width apart.

Skiers: Arms out in front at an angle just less than 90 degrees with a slight bend in the elbows.

Riders: Arms out from the sides at a 90 degree angle.

Action: Inhale as you step forward a comfortable distance with your right leg until your upper right thigh is almost parallel with the floor. Keep the left leg as straight as possible. Exhale as you step back to the starting position.

Easier: Step forward a shorter distance.

Harder: Step forward as far as possible.



#4 RIGHT LEG STAND

1 minute

Start Position: Stand erect with feet shoulder width apart. Throughout the exercise stay focused on a spot 3 meters in front of you; this will help in maintaining your balance.

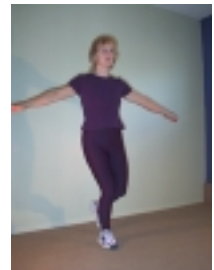
Skiers: Arms out in front at an angle slightly less than 90 degrees with a slight bend in the elbows.

Riders: Arms out from the sides at a 90 degree angle.

Action: Place all of your weight on the right leg by lifting your left foot off the ground and slightly back. The right knee should be bent 45 degrees. The most important aspect of this exercise is to maintain your balance and achieve a modest rest.

Easier: Bend right knee less than 45 degrees.

Harder: Close eyes.



#5 PUSH-UPS

1 minute

Start Position #1: Place your hands slightly more than shoulder width apart. Elbows should be slightly bent. Back should be straight with head slightly raised looking 3 meters ahead.

Start Position #2: Place fists in a thumb forward direction below shoulders. Elbows should be slightly bent. Back should be straight with head slightly raised looking 3 meters ahead.

Start Position #3 Place hands directly below your chest with index fingers and thumbs touching. Elbows should be slightly bent. Back should be straight with head slightly raised looking 3 meters ahead.

Action: Inhale while bending evenly at the elbows, slowly lower your chest 2-4 cm from the ground. Exhale as you return to the start position. Do not lock your elbows at the top of the push-up. Repeat this action five times for each of the three start positions. Keep rotating through the 3 different push-ups until the minute has past.

Easier: Do push-ups with knees on ground. Another even easier alternative is to do vertical push-ups with feet a yard from the wall.

Harder: Place feet on an object that is 30-40 cm above level of the hands.



Start Position #1



Start Position #2



Start Position #3

#6 DIPS

1 minute

Start Position: Rest your hands shoulder width apart on a couch or bench behind you and walk your feet out until your legs are extended straight out in front of your body.

Action: Keeping your back close to the bench inhale as you lower your body until your elbows just pass 90 degrees. Concentrate on keeping the elbows pointed straight back. Push back up to the start position as you exhale. Do not lock your elbows at the top of the move.

Easier: Move feet in so knees are at 90 degrees and feet rest flat on the ground.



#7 JUMPS

2 minute

Start Position: Keep your head up, back straight and feet shoulder width apart.

Skiers: Arms out in front at an angle just less than 90 degrees with a slight bend in the elbows.

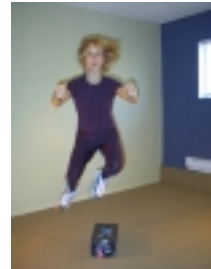
Riders: Arms out from your sides at a 90 degree angle.

Action for skiers: Using both legs equally for power, jump sideways 50 cm, with enough height to clear a shoe box. Without hesitating jump back to the original location. Continue this side to side sequence for the entire 2 min.

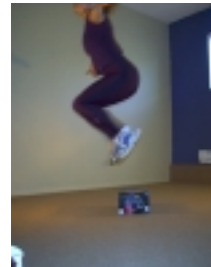
Action for snowboarders: Using both legs equally for power, jump forward 50 cm, with enough height to clear a shoe box. Without hesitating jump back to the original location. Continue this front to back sequence for the entire 2 min.

Easier: Jump a lesser height and distance.

Harder: Jump over an object that is no taller than your knees. Make sure that this object will **not** cause you to fall if you catch your toes on it; we suggest stacking shoe boxes or loosely suspending a string.



The Skier



The Rider

#8 LEFT LEG STAND

1 minute

Start Position: Stand erect with feet shoulder width apart. Focusing on a spot 3 meters in front of you throughout the exercise. This will help in maintaining your balance.

Skiers: Arms out in front at an angle slightly less than 90 degrees with a slight bend in the elbows.

Riders: Arms out from your sides at 90 degrees.

Action: Place all of your weight on the left leg by lifting your right foot off the ground and slightly back. The left knee should be bent 45 degrees.

Easier: Bend left knee less than 45 degrees.

Harder: Close eyes.



#9 SIT-UPS

1 minute

Start Position: Place your legs over a chair (knees at 90 degrees) and fold arms across your chest. Your chin should be slightly flexed forward and trunk should be tensed so that shoulders are elevated 3 cm off the floor. This is the starting position!

Action: Flex your trunk up and to the right side so that your left shoulder approaches your right knee. When the right shoulder is 6 cm off the ground and your left shoulder is 12 cm off the ground stop and hold this position for a brief moment. Return slowly to the start position immediately repeating the exercise to the left.

Easier: Flex trunk so that both shoulders approach both knees equally (no twist). Raise shoulders 6 cm off the floor and then return to the start position.

Harder: Keep knees in the 90 degree position without using the support of a chair. During the exercise attempt to suck your stomach in.



#10 Extensions

1 minute

Start Position: Lie face down on the floor with your legs extended. Keep your arms extended out in front with thumbs pointed up. With a straight neck contract your abdominal muscles to keep your spine in a neutral position.

Action: Exhale as you slowly lift your legs and shoulders off the surface. Concentrate on contracting your butt muscles first and then the low back muscle second. Inhale as you relax to the start position. Make sure you release the contraction completely before starting the next one.

Easier: Lift the right arm and left leg (opposite arm and leg) at the same time, then alternate sides.

Harder: Alternate between pointing and flexing feet.



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*Do not perform the exercises and stretches if they cause discomfort or pain. These exercises and stretches are not intended to replace the advice of your medical doctor, chiropractor, physical therapist, massage therapist, personal trainer, or other healthcare provider. Consult your healthcare provider if you have an injury, are pregnant, are taking medication, have, or have had high blood pressure or a heart condition.