

Make your body
BULLET PROOF
for your ski trip!



in conjunction with:

GKC

Gloucestershire**Knee**Clinic

01453 755948 | www.physiofive.co.uk

www.gloucestershirekneeclinic.com



INSTRUCTION:

This is high intensity training session that builds through each of the three sections. All of the exercises are 30 second intervals and each set of 4 is repeated twice. You may have 90 seconds rest between each section
Make sure you gently warm up with some light stretching before hand!

PHASE 1:



Full Clam

Lift upper leg up and out, rotating through the hip, with a controlled return

Single Leg Bridge

Hold 1 leg out straight and drive the hips up using the other leg,



Burpees

From standing, put hands on the floor and kick legs out, tuck back in and jump up into the air

90 seconds rest before Phase 2

PHASE 2:



Single Knee Dip

Keep a central knee over the foot and dip down and drive back up



Standing Squats

Squat into a deep 'ski' position and drive back up



Hopping side to side

Stand on one leg, hop side to side over an imaginary line at good pace



Bent Knee Single Heel Raises

With a bent drive up and down through the ankle. The knee must not straighten



Alternate Lunge

Lunge on to alternate legs, controlling the lower and driving back up. Keep the back straight

Standing Jump Squats

Squat down and drive your body up as high off the floor as able



Stride jumps

Ideally do this on an open step but it can be done just on the floor but it becomes much easier. Jump up on to the step with both feet and then straddle the step .

Alternate Quick Step Ups

This can be done on your bottom stair. Stepping up and down with alternate legs, quickly

Well done for completing the Pre Ski Fit Circuit. You might experience some delayed muscle soreness depending on your fitness levels. This will pass and make you strongest and become less each time you complete the circuit



Our Services Include:

Injury Assessment and Treatment

Acupuncture

Sports Massage

Sports Injury Rehabilitation

Diagnostic Ultrasound Scanning

Spinal Injury Management

Post Operative Rehabilitation

Disclaimer:

We advise you begin slowly and pace yourself. This can be performed 3 times per week alongside general fitness activities. Please consult a Chartered Physiotherapist if you have any injuries before starting