

# POWER EXERCISES FOR SNOWBOARDERS

Good fitness is one of the keys to staying safe on the slopes.

### YOUR REHABILITATION PROGRAMME

This training programme has specific exercises to strengthen muscles around your leg and lower back as well as your core. It is important to ensure the exercises are performed with good technique. Poor practice can place potential strain on muscles and joints and lead to injury. With any squatting or lunging exercise ensure your knee remains aligned over your middle toe as you bend and straighten. Don't let it sway inwards or

outwards, use your muscles to control this - it is essential to train the muscles correctly, to strengthen them with ideal knee alignment to prevent injury.

### **PROGRESSION SPEED**

able to do the exercise but to do it correctly, with appropriate control. If at any time, you feel pain or discomfort stop the exercises and consult your therapist.



### SIT-DOWN SQUAT WITH BAND

Place your feet shoulder width apart. or just outside shoulder width. Tie an exercise band around your knees keeping it guite tight. Stand in front of a chair, and slowly bend your knees. Maintain a good curve in your lower back, and control



sitting down onto a chair. To stand up, do the opposite. Maintain a good spinal curve in your lower back, and push upwards through your legs to straighten your knees into a standing position. Repeat as required. If you have good control you don't have to actually sit on the chair, just lower and raise into a full squat.

**SETS** 

**REPS** 



Video:

http://youtu.be/CkeKtaK7Peg





Video:

MOUNTAIN JUMPER/SQUAT THRUST

**REPS** 



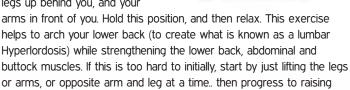
## PLANK ONE ARM ROTATION

Rest on your forearms and your toes. Lift one forearm off the ground. Twist your whole body and raise your arm directly in the air. Hold this position and then return your arm back down to the floor. This is a core strengthening exercise.



### **FLOOR SUPERMAN TWO LEGS TWO ARMS**

Lie on your front, and lift your legs up behind you, and your



**SETS** 

**REPS** 



Video:

arms and legs together.

http://youtu.be/Zq8vh3tl3-M



# BULGARIAN SPLIT SQUAT WITH SINGLE LEG RDL Place one foot on a chair or bench behind

you, and the other flat on the floor. Go into a squat position by bending your knee as far as comfortable. Make sure you keep your knee in line with the middle of your foot, do not let your knee drift outwards or inwards. Then straighten your leg to the start position. Now bend forwards at the waist, keeping your back as straight as possible or slightly arched. Go down

to the horizontal, hold, then come back up and repeat the squat. This is a strengthening exercise for your quadricep muscle group located at the front of your thigh, but also strengthens a number of other muscles in the leg.

**SETS** 

http://youtu.be/klRx9zYVwWk

legs in towards your chest, and then jump both legs out so they are straight. This exercise is great for strength-endurance and works the whole body and your core.

Start in a press-up position, and jump both

**REPS** 



Video:

http://youtu.be/1JnU1lTXtJk

### LATERAL WALK WITH EXERCISE BAND

Place an exercise band around your knees, and go into a squat position (as far down as feels comfortable). Walk one leg to the side, and then follow with the other leg. Repeat to one side for five steps, then return to the start position.

**SETS** 

**REPS** 



Video:

http://youtu.be/iOw7KczRvkk

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