

Ski Warm Up



Dynamic Warm Up for Training & Competition

An adequate warm up should be part of all training sessions & pre-competition routines. *All* elite athletes will have a well-rehearsed warm up routine before training & competing.

Function:

- To prepare physically & psychologically for the training session or competition
- To gradually mobilise joints & elevate the temperature of the muscles.
- To gradually raise heart rate. (Pulse Raiser)
- Reduce risk of injury
- Warm up exercised should be made specific for the sport activities to follow

Benefits:

- Increase in production of synovial fluid in joints. (Lubrication.)
- Increased core body temperature
- Increased muscle temperature
- Increased blood supply to the working muscles
- Increased range of movement around joints
- Increased Heart Rate (Pulse)
- Increased neuro-muscular co-ordination
- Mentally prepare for skiing

Basic Posture for Warm Up:

- Upright posture with back straight & chest lifted
- Feet hip width apart
- Hips facing forward
- Neutral spine
- Abdominal muscles firm
- Soft knees

Procedure:

- Start with slow progressive movement
- Start with upper body & work down
- Gradually increase Range of Motion (ROM)
- Gradually increase intensity of activities to raise heart rate

Upper Body



Shoulder Lift/Shrug

To mobilise shoulder girdle

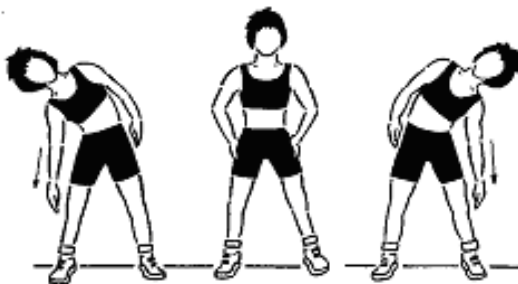
- Raise both shoulders together
- or Alternate shoulders
- Gradually increase ROM
- Repeat 10-20 times
- Can be done while walking around



Shoulder Roll

To mobilise shoulder girdle

- Roll both shoulders together
- or Alternate shoulders
- Gradually increase ROM
- Repeat 10 time forward
- Repeat 10 times backward
- Can be done while walking around



Side Bends

To mobilise thoracic vertebrae of spine (lateral)

- Bend directly to side
- Return to centre & bend to other side
- Gradually increase ROM
- Continuous smooth movement
- Keep body lifted & upright
- Keep hips facing forward
- Only bend as far as is comfortable
- Imagine moving sideways between two sheets of glass
- Repeat 5 – 10 times each side

Side Twists

To mobilise thoracic vertebrae of spine (rotational)

- Keep hips & knees facing forward
- Slowly rotate to one side
- Return to middle & rotate to other side
- Continuous smooth controlled movement
- Gradually increase ROM
- Avoid twisting lower back
- Hands can be placed on hips
- Repeat 5 – 10 times each side



Lower Body & Pulse Raiser



Leg Curl/High Heels/Butt Kicks

Mobilise knee & raise pulse

- Step to the right & raise left leg to buttock
- Step to the left & raise right leg to buttock
- Gradually increase ROM
- Rhythmical smooth movements from side to side
- Gradually increase speed to raise pulse
- Travel further to side & bend deeper on supporting leg
- Swing arms for greater intensity
- Keep back straight & abs firm

Hip & Leg Swing (Front & Back)

Mobilise hip & raise pulse

- Swing leg back & forth as far as comfortable
- Gradually increase ROM
- Repeat for other leg
- 10 – 20 repetitions for each leg
- Use ski pole for balance if required
- Keep back straight & abs firm



Hip & Leg Swing (Side to Side)

Mobilise hip & raise pulse

- Swing leg across body as far as comfortable
- Gradually increase ROM
- Repeat for other leg
- 10 – 20 repetitions for each leg
- Use ski pole for balance if required
- Keep back straight & abs firm





Knee Lift

Mobilise hip & raise pulse

- Lift knee as far as comfortable
- Gradually increase ROM
- Alternate legs
- or repeat one leg for 5 – 10 repetitions
- Gradually increase speed to raise pulse
- Travel movement forward & backward for greater intensity
- Swing arms for greater intensity
- Keep back straight & abs firm

Static or Walking Lunge

Mobilise hip & raise pulse

- Stand with right foot forward, left foot back about 3 feet apart.
- Bend the knees to lower the body towards the floor.
- Keep the front knee behind the toes and be sure to lower straight down rather than forward.
- Keep the torso straight and abs in as you push through the front heel and back to starting position.
- Don't lock the knees at the top of the movement.
- Can be done as continual movement going forward
- Can be done with side twist
- Repeat for 10 -20 seconds



Exercises shown are just small examples of activities that can be performed prior to training or competition.

