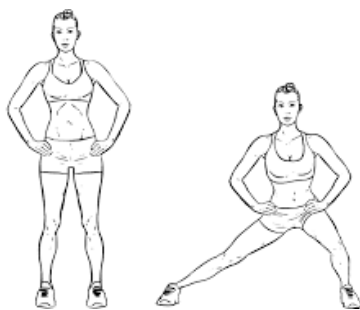


Standing on the edge of a step or stair, keep your knees straight and let your heels drop below your toes, then, slowly raise up onto your toes. Repeat this 15-20 times, 2-3 sets. To make it more difficult, try holding some dumbbells

Chair Squat



Lateral Lunge



Step Ups with Leg Lift

Place your right foot on a step or bench and put your hands on your hips. Push yourself up until your right leg is straight and you're standing on the bench. Squeeze your glute to raise your left leg as far behind you as possible without arching your back. Reverse to return to start. That's one rep. Repeat on the left leg. Alternate sides for a total of 12 to 15 reps.



Theraband Shuffle

Wrap a loop of theraband around the insteps of both feet. With a slight bend in your knee, lift one leg off the floor, striding to the side against the resistance of the theraband. After a wide stride (15"-20"), place the foot down and then allow the stationary leg to lift off the ground and slowly bring it towards your other leg. Do not drag the feet.

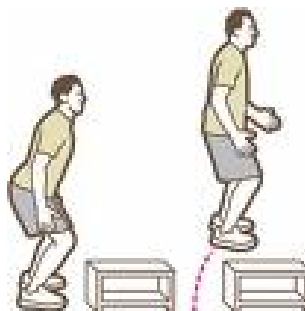


Perform 10 strides in each direction
Repeat 2-3 sets

With your back against the wall and your feet shoulder width apart and about 2 feet away from the wall, slide you back down the wall to a position that you are in a "sitting" posture. Hold this position for 10-15 seconds and slide back up to standing. Repeat 10-15 repetitions.



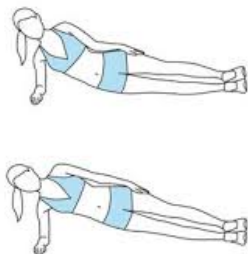
Get a 10-12" box (or step). Stand in front of it with feet shoulder width apart. Jump up onto the box and land softly, flexing your knees and hips slightly. Step back down off the step and repeat. Perform 10-12 repetitions for 2-3 sets.



Lay down on the floor with your elbows lined up under your shoulders, with an arch in your back. Now, tighten your trunk muscles and raise your belly off the floor so you are supported by just your forearms and toes. Hold this for 20-30 seconds. Repeat 3-4 times. Try to build up to a single 2 minute hold.



Side Plank



Push Up



Ski and Board Strength Program 2017