

# Board Fit

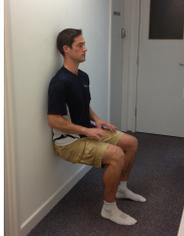


Over a million of us will head to the slopes this winter...and nearly all of us will experience muscle soreness, tightness and occasionally injury as a consequence of not training properly prior to heading out!

In order to have the most enjoyable time possible, **Bristol Physio Ltd** suggests that you complete an exercise regime that gently challenges your leg muscles and improves your boarding stamina.

We have 3 levels of exercises here. We recommend doing all exercises in order of difficulty, always focusing on stability of the movement and keeping good alignment of the legs and pelvis.

## Level 1

<p>Double Leg Toe raise and Heel Raise. Rotating between forwards and back over approx 5secs, controlled movement Reps = 20</p> 	 <p>Double leg wall slides, hold 3 secs at bottom. Gain 90° at knees. Reps = 12</p>	<p>Double Leg Squat. Drop bottom between knees. Reps = 12</p> 	 <p>Lunges. Large stride forward and drop the back knee keeping front leg vertical. Reps = 12.</p>
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## Level 2

 <p>Weighted toe raise. Can use medicine ball, sand bag, weighted rucksack. Hold for 30 sec. Reps = 12.</p>	 <p>Double leg wall slides, hold 30 secs at bottom. Gain 90° at knees. Reps = 12</p>	 <p>Double Leg Squat with weight. Can use rucksack or hand weights. Drop bottom between knees. Reps = 12</p>	 <p>Tricep holds. Try not to lock elbows out completely. Hold for 6-8 seconds. Reps = 12.</p>
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## Level 3

 <p>Running man. Start single leg raised, then extend leg back to hover foot over the floor. Repeat running style. 2 min each leg.</p>	 <p>Single leg wall slides, hold 3 secs at bottom. Gain 90° at knees. Reps = 12</p>	<p>Double Leg Squat jump. Look for power and progressively higher steps. Reps = 12</p> 	 <p>Tricep dips. Lower yourself until 90° at elbows. Slow controlled movement. Reps = 12.</p>
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Good alignment always means vertical shins and knee caps over the second to third toes. If you get any pain, stop, ask why and if necessary come and talk to a member of the team at **Bristol Physio** and we can see if we can correct the cause.

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