

Cardio Cool down and stretch: Post skiing recovery and maintenance

15 Min on spin bike		1 set- Recovery heart rate 130 BPM
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Or

Cool down Run		15 Minutes Moderate pace
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If you are unsure what an exercise is. Each exercise should be the 1st thing that comes up in a google search. If you still have questions please ask me anytime.

Stretches	Time	Focus + Cues
Half Pigeon Yoga pose or "4 Stretch"	1 Min Ea	Glute: Use breathing to relax into stretch
Seated Single leg Sit and reach	1 Min Ea	Hamstring: Use alternate leg for leverage and to keep back straight
Butterfly Stretch	1 Min	Groin, Inner thigh + adductor: Relax and allow breathing to help increase stretch
Lying Quad Stretch	1 Min Ea	Quads: Hook lower leg over knee for IT band stretch increase.
Downward Dog	1 Min	Calfs: Chest out Shoulders back, Keep heels on ground is possible
Lunge stretch	1 Min Ea	Hip Flexors: Drive Hip of back leg forward to keep " Square"
Seated Twist Stretch	1 Min Ea	IT band, Glute, Lower back: Upright Spine position , Rotation should be in a natural seated position

Core Exercises	Reps	Sets x 2
Abb Crunch	10	shoulders stay off the ground, Pull from core.
Back Extensions " Supermans Core"	10	Feet and Shoulders don't touch floor, Lift legs and shoulders as high as possible.
Cat Cow exercise	10	Maximum range of motion, Slow and controlled. Feel each joint moving.
Pushups	10	Hands shoulder width, Elbows down to 90 Degrees
Lying down double Leg Lowers.	10	Keep range of motion limited based on ability to keep lower back on floor.

Main Focus for core is on Maintenance, Range of motion and Recovery. Increase reps as athlete becomes stronger but not meant to Fatigue