

mountainrehab

Get your body in to shape before your holiday
and make more of the mountain when you are away...

Featuring Ben Cavet
French team skier & Junior Champion

Core Pilates Stabiliser

3 x sets of 12 slow controlled repetitions



Level 1
Toe Dip



Level 2
Single leg stretch



Level 3
Dead bugs

Squats

3 x 12 repetitions,
Lower for 3, raise for 3

Continue
for 1min



Level 1
Simple Squats



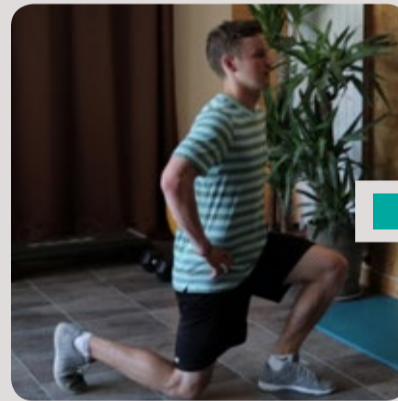
Level 2
Goblet squat



Level 3
Stepping Squat

Lunge & Balance

Hold for 30 secs.



Step back lunge...



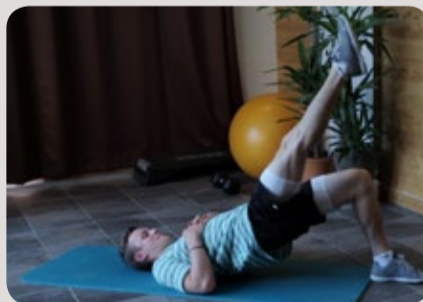
...Balance

The Bridge

3 x 12 repetitions



Level 1
Double leg bridge



Level 2
Single leg bridge

Plyometric series

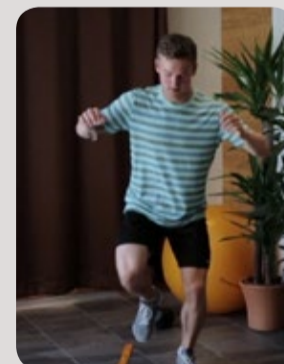
3 x 12 Reps

2 x Jumps then land
+ balance x 12 reps

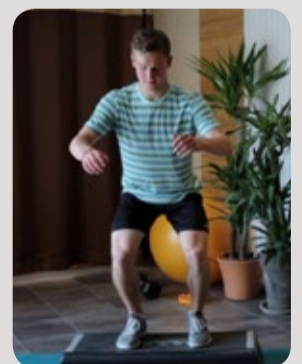
3 x 12 Reps



Level 1
Squat jumps



Level 2
Lateral jumps +
balance



Level 3
Box Jumps

See our website for the video & full description of the exercises.

www.mountain-rehab.com

10%
Discount!

Practice these exercises 3-4 times per week.
If you have any health concerns, please contact your local health professional.

10% discount on Mountain-rehab massage treatments
pre booked and paid for before your holiday.

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