

Sports, Spinal & Hand Physio, Concussion & Vestibular Rehab, Braces, Orthotics, IMS,

PRE SNOW WARMUP

Get yourself prepared for the day and minimize your risk of injury with this quick warm up series. EACH ACTIVITY & SIDE 10 REPITIONS.

1. LUNGE TO STRAIGHT LEG BOW



3. BENT OVER TWISTIES



5. SIDE LEG SWINGS



7. HIP HINGES



2. LATERAL LUNGES



4. STANDING TWISTIES



6. FRONT LEG SWINGS



8. REBOUND JUMPS

