

# Warm up before cold-weather sports

Dynamic stretching and warmups are supposed to mimic movements that will be used in your next desired activity. Without warmups, you risk muscle and ligament strains and sprains.

Below, we share warmups that mimic movements used in most cold-weather sports and activities. These movements prepare your body for activity by helping to increase blood flow to affected muscles, increase core temperature and enhance balance and stability.

Perform these warmups before skiing, snowshoeing or snowboarding.



## Standing Trunk Rotation with Pole Across Shoulders

Hold your ski pole with both arms across your neck and shoulders. Place your feet shoulder width apart.

Rotate your upper body from one side to the other until you feel a stretch. Tighten your oblique and abdomen muscles on each twist. Your pelvis should not move during this warmup. Repeat 10 repetitions in each direction.



## Squats

Raise your arms straight out in front of you and place your feet hip-width apart. Sit back as if you are sitting in a chair.

Be sure to keep your knees out over your ankles and do not let your knees go over your toes.

Repeat 10 repetitions.



## Forward Lunge

Place your hands on your hips and your feet hip-width apart. Take a step forward, bending your knee slightly to the floor without letting your front knee go past your toes.

Repeat lunge on each leg 10 repetitions.



## Lateral Lunge

Raise your arms in front of you to shoulder height and feet shoulder-width apart. Step right, shifting your body weight to your right leg. Squat to a 90-degree angle like you're sitting. Keep your back upright. Step back to standing.

Repeat on each leg 10 repetitions.



### Single Leg Balance and Swing

Stand on your right leg. Swing your left leg and right arm forward and your left arm back. Then reverse as you balance on your right foot.

Repeat swings on each leg 10 repetitions.



### Hip Flexion/Extension with Ski Poles

Stand with your feet together and hold your ski poles for support. Lifting your toes slightly, begin swinging one leg forward and backward.

Repeat on each leg 10 repetitions.



### Hip Adduction/Abduction with Ski Poles

Stand with your feet together and hold your ski poles for support. Lifting your toes slightly, begin swinging one leg side to side in front of your body.

Repeat on each leg 10 repetitions.



### Lateral Line Jumps

Stand with your feet together. Take a small jump sideways, landing in a squat position. Jump back to the other side.

Repeat for 30 jumps.