

## Bonus Cold Weather Warm-Ups

The second of our cold-weather sports warmups series provides alternative exercises.

Warmups specific to skiing, snowshoeing or snowboarding prepare your body for the physical activity to come and reduces your risk of injury.

Take time before you hit the slopes or trails to work through these cold-weather sports warmups.



### Bent-over trunk rotation with pole across shoulders

Hold your ski pole with both arms across your neck and shoulders. Stand with your feet shoulder width apart and your knees slightly bent. Keep your back flat and bend forward at the hips at about a 45-degree angle.

Rotate your upper body from one side to the other until you feel a stretch. Repeat 10 repetitions in each direction.



### Squats with arms overhead

Unlike the regular squat, put your arms overhead instead of on your hips. Again, sit back as if you are sitting in a chair without letting your knees come together or go over your toes.

Repeat 10 repetitions.



### Transverse stepping with arm swing

Raise your arms in front of you to shoulder height and feet shoulder-width apart.

Keeping your right foot stationary, swing your arms to the right as you place your left foot in front of your right foot, then swing your arms to the left as you step out and back with your left foot.

Repeat on each side for 10 repetitions.



### Forward lunge with arms overhead

In this lunge, repeat the same step movement in the previous warmup. As you step forward, raise both arms overhead. Lower your arms to your sides as you step back.

Repeat on each leg 10 repetitions.



### Single leg balance and hand touch

Stand with your arms overhead and weight on your right foot.

Without bending your spine, reach forward bending your right knee, and bringing your left leg up behind you as you touch the ground with your left hand.

Lower your left leg back to the floor and your arms overhead. Repeat on each leg 10 repetitions.



### Skater hops

Stand with your weight on your right side, knee bent. Push off with your right leg to land on your left. Repeat side to side, moving your arms with your hopping motion.

Repeat for 30 jumps.