

LAKEVILLE NORDIC SKI STRETCHING ROUTINE

Standing:

- Elbow pull alternate, L/R 2X (triceps)
- Rear Lift (chest, biceps) 2X
- Front Hang (back and hamstrings) and Back bend arch (back and hips) alternate both 2X
- Side bend, alternate L/R (I.T. Band, obliques) 2X
- Wrist bend, back: alternate L/R (forearms, wrist) 2X
- Wall Push (calves and soleus) 2X

Seated:

- Hurdlers Stretch: alternate L/R (quadriceps) 2X
- Front reach, legs together and toes pointed up (hamstrings, low back)
- Straddle reach, alternate L/R (hamstrings, obliques)
- Butterfly sit (groin) 2X press out, squeeze in
- Ankle sit, Hip extension (ankles, quadriceps) 2X
- Press-up cobras (low back, hips)