

Pre-Season Ski/Snowboarding Conditioning Program



**A 5 WEEK LONG PROGRAM CONSISTING OF
LECTURE, ASSESSMENTS AND WORKING OUT!**

Presented by Sacred Heart University Sports Medicine and Rehabilitation Center, Shelton Office.

WHEN: Classes are held Thursdays at 5:30 pm for 1-2 hours

WHERE: 2 Corporate Drive, Suite 233, Shelton
Scinto Office Complex

Week 1. October 18th

Lecture by local MD on Common Ski/
Snowboarding Injuries as well as program
information.

Week 2. October 25th

Pre Program Assessment & Flexibility

Instruction. Initial screening of your current
flexibility, and discussion of your goals for this
program and upcoming ski season. Focus will
be on quads, hamstrings, hip rotators, trunk
and upper extremity stretches.

Week 3. November 1st

Core Strengthening/LE functional exercises.

Focus will be on Abdominals, Low back, functional
plyometric exercises and hip strengthening.

Week 4. November 8th

Balance training and Agility. Functional drills,
ball use, balance activities, plyometrics.

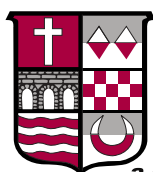
Week 5. November 15th

**Post training assessment and further exercise
prescription.** Post assessment and set up for
continued exercise program on your own.

\$35.00 per session

or Sign up for all 5 at once and pay \$150.00. A \$25.00 savings.

RSVP by October 15th, vlabenski@integrehab.com or call (203) 926-0874



**SACRED HEART UNIVERSITY
SPORTS MEDICINE &
REHABILITATION CENTERS**

a division of Integrated Rehabilitation Services, LLC



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