

# **Cross Country Skiing**

## **Pre-workout Body Looseners\***

5 minutes

(10 rotations each side except as noted)

1. ankle rolls
2. knee circles
3. hip joint circles
4. pelvic circles
5. pelvic rotations
6. spine roll
7. spine twist (3 sec x 3 each side)
8. shoulder roll
9. diagonal & lateral leg & arm swings
10. deep knee bend w/arm swing

\*Designed to stimulate lubrication of joints prior to exercise. First seven adapted from Chi Running by Danny Dreyer

# **Cross Country Skiing Post-workout Stretches**

15 minutes

(15 sec minimum x 3 for each side)

1. Calves/Achilles
2. Hip Flexor/upper hamstring  
w/psoas stretch
3. Hamstrings/Adductors w/twist
4. Standing Separate Leg  
Stretch w/twist & shoulder  
opener
5. Standing Quadriceps  
w/pelvic tilt

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