



GET STRONG TO SKI

Pre-Season Training Programme

Clinical Pilates Programme

at Studio 20 Clinical Pilates,
20 Chisholm St, Wangaratta

(03) 57 221424

Be ready for the upcoming season before the snow arrives! Snow sports require high level balance skills and specific muscle endurance to improve your style and prevent injury.

Current research indicates that core stabilization training and muscle efficiency are key factors which may enhance sporting peak performance.

A circuit program has been designed by physiotherapists, using Clinical Pilates principles, for:

- improving your trunk core stability
- better balance skills
- increased leg strength and flexibility
- upper limb endurance

The program aims to provide you with the control and confidence to get you off to a great ski season- downhill, cross-country and boarding. The circuit classes will use specialised spring-loaded Clinical Pilates equipment, ski-specific balance boards, fit Balls, resistance tubing, exercise bike and stretching regimes to fine tune your body for the winter season.



An individual assessment with the physiotherapist* is an essential pre-requisite for musculo-skeletal screening and specific training preparation.

This 10-week program will be offered weekly at Studio 20, located at 20 Chisholm St, Wangaratta, from the first week of May.

Register for GET STRONG TO SKI with North East Physiotherapy by phoning (03) 57 221424.

Circuit Classes will be limited to 10 participants

An appointment is required for Initial one-hour assessment and pre-training

Initial consultation and physiotherapy-supervised exercise programmes can be claimed under most private health insurance extras cover