



Upright Ski Shift Squat



1. Stand with your feet shoulder width apart.
2. Slowly squat down by bending both knees as you shift your hips to the right.
3. Then rotate your knees to the left and turn your trunk to the right by bringing your right arm back and left arm forward. Concentrate on staying on the outside of your left foot and inside of your right foot. You should feel the muscles on the front of your right thigh and outside hip engage.
4. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
5. Slowly straighten your legs and begin to squat again shifting your hips to the left.
6. Then rotate your knees to the right and turn your trunk to the left by bringing your left arm back and right arm forward. Concentrate on staying on the outside of your right foot and the inside of your left foot. You should feel the muscles on the front of your left thigh and outside hip engage.
7. Hold this position while you take 4-5 deep breaths in through your nose and out through your mouth.
8. Relax and repeat the entire sequence, shifting from side to side 4 more times.