



KNEEHABER

THE KNEEHAB SKI GUIDE

STRONG KNEES FOR SKI SEASON. 3 DAYS A WEEK.

The 3-day strength plan that gets your knees and legs ready for the first chairlift: squat strength, the burn, single-leg landings, and the small muscles skiing wakes up in December. Bands, a step, a slant board, and a dumbbell or two. A video for every exercise.

WHY DECEMBER HURTS

Knee injuries are the most common serious injury in skiing, and ACL and MCL sprains alone make up somewhere between 10% and 33% of all ski injuries. The research is clear on what stacks the odds against you: icy or fresh snow, a lower skill level, and fatigue late in the day. What every ski patroller will also tell you is that early-season legs are the ones that get hurt. You show up in December having done nothing like skiing since April, your quads give out by the third run, a ski catches, and that is the season.

Skiing works muscles most of us never train: quads that have to keep firing while they are already burning, adductors that keep the skis together, the glute med that holds the inside edge, hamstrings that hold the shin when a ski catches, and the calves and shins doing quiet work inside a boot all day. Even if you have been active all summer, those muscles are not ready, and it takes weeks to get them there. That is why most people are cooked by lunch on day one.

This is the plan I run on my own knee every fall before the lifts open, and that knee has no ACL. Three sessions a week, about 30 minutes each, at least a day between them. Start it eight weeks before your first ski day if you can. Starting four weeks out still beats starting on the chairlift.

THE ONE RULE Pain stays at 3 out of 10 or less during the session, and by the next morning your knee should be back to where it was before. If you pass both, keep going and add a few reps next week. If you miss either one, drop the band tension or shorten the range next time. That's not a setback, it's the plan working.

WHAT YOU NEED

- **Small resistance bands** for the hip and glute work
- **Large resistance bands** the Battle Bands I use for Spanish squats, RDLs and hamstring curls
- **Door anchor** the one I use, so a closed door becomes your band anchor
- **A step and a chair** a stair or low box for the step downs and landings, a chair for the single leg squats
- **Slant board** for the squats and the step ups, a thick book or a wedge works in a pinch
- **Kettlebells and dumbbells** nice to have. The squats, lunges and single leg RDLs get better with weight

Some of these are affiliate links (Amazon Associates and Battle Bunker). I earn a small commission at no extra cost to you, and they're the exact things I train with.

DAY A: SQUAT STRENGTH

MONDAY

DAY A: SQUAT STRENGTH

	EXERCISE	SETS	REPS	DEMO
1	Tibialis Raises Back on a wall, heels down, toes up	3	20	▶ WATCH
2	Banded Air Squats Warm-up. Band above the knees, push out the whole way	2	15	▶ WATCH
3	Deep Slant Board Squats Heels up, knees forward, as deep as it stays clean. Dumbbell at the chest	3	8	▶ WATCH
4	Kickstand Squats Back foot just for balance, dumbbell at the chest, sit into the front leg	3	8 / side	▶ WATCH
5	ATG Split Squats Front shin forward, back knee low, add dumbbells once bodyweight is easy	3	8 / side	▶ WATCH
6	Wall Sit Thighs parallel, back flat, breathe	3	45 sec hold	▶ WATCH
7	Copenhagen Plank Top knee on a bench or chair	2	20 sec / side	▶ WATCH
8	Hip Flexion to Abduction Mini band around the feet	2	10 / side	▶ WATCH
9	Single Leg Calf Raises Slow, full range	3	12 / side	▶ WATCH

HOW TO LOAD IT Do the first set of every weighted move with bodyweight, then add a dumbbell or kettlebell at the chest. The right weight is the one where the last two reps are hard and your form doesn't change. Add 5 lb when all three sets feel clean and the knee is quiet the next morning. The holds and the band work stay as written.

DAY B + THE BURNER

WEDNESDAY

DAY B: THE BURN

	EXERCISE	SETS	REPS	DEMO
1	Spanish Squat Hold Band behind the knees, shins vertical	3	30 sec hold	► WATCH
2	Spanish Squat Pulses Straight into these after the hold	3	15	► WATCH
3	Lateral Lunges Dumbbell at the chest, sit into the hip, other leg straight	3	8 / side	► WATCH
4	Curtsy Lunges Dumbbells at the sides, back leg crosses behind, front knee over the toes	3	8 / side	► WATCH
5	Lateral Step Downs Off a step, lower the free heel slowly	3	8 / side	► WATCH
6	Skater Hops Stick every landing for a full second	3	6 / side	► WATCH
7	Single Leg Lateral Hops Small, fast hops over a line on one foot, quiet landings	3	10 / side	► WATCH
8	Rapid Twist Drops Stand on a plate. Twist the hips and feet side to side, fast, shoulders square. Quick turns, like moguls	3	12	► WATCH
9	Side Plank	2	30 sec / side	► WATCH
10	Standing Hip Abductions Band around the ankles	2	12 / side	► WATCH

THE DOWNHILL BURNER

Optional finisher. Add it once the plan feels easy: two rounds, then three.

This is the last run of the day in a gym: quads already burning, and you keep going anyway.

- 1 Wall sit** ► WATCH
30 seconds, then straight into the jump squats
- 2 Jumping air squats** ► WATCH
10 reps, land soft
- 3 Bottom-half squats** ► WATCH
10 slow reps. That is one round. Rest 60 seconds

DAY C: SINGLE LEG + LANDINGS

FRIDAY DAY C: SINGLE LEG + LANDINGS

	EXERCISE	SETS	REPS	DEMO
1	Pogo Hops Stiff ankles, bounce off the balls of the feet	2	20	▶ WATCH
2	Depth Drop to Stick Step off a low step, land, freeze	3	5	▶ WATCH
3	Single Leg Squat to a Chair Sit back, tap, stand without a push	3	6 / side	▶ WATCH
4	Hamstring Slides Sliders or a towel on a smooth floor. No sliders? Do glute bridge walkouts	3	8	▶ WATCH
5	Single Leg RDLs Dumbbell or kettlebell in the opposite hand, hips square, stand tall	3	8 / side	▶ WATCH
6	Poliquin Step Ups Heel up on a slant board or a book	3	10 / side	▶ WATCH
7	Split Squat Isometric Back knee an inch off the floor	2	30 sec / side	▶ WATCH
8	Bent Knee Calf Raise Hold Knees bent, up on the balls of the feet	2	30 sec hold	▶ WATCH

WHAT'S NEXT

AFTER THE GUIDE

Run this plan for the weeks you have before the season. When the holds stop shaking, the skater hops land quiet and the stairs feel like nothing, you've built a base, and the next step is loading it: a bar on the squats, Nordics for the hamstrings, weighted holds, box jump switches, and a two-day-a-week block that keeps the legs while you ski. That order, base to load to in-season, is the whole idea behind Kneehab Ski.



Where the guide leads: the same legs, every winter since 2023, with no ACL in the right knee.

THIS IS THE GUIDE. KNEEHAB SKI IS THE PROGRAM.

If you want the full version, **Kneehab Ski** is the 12-week program this guide is cut from: eight weeks to build ski legs with back squats, Bulgarians, Nordics, weighted holds, box jump switches and the Downhill Burner, then a two-day-a-week in-season block you repeat until the lifts close. It lives inside the Strong Knees System in the Kneehab Training App on your phone, next to Foundations, Strength, Performance, Kneehab Run, the Patellar Tendon Fix and the Knee Mobility Library, with a video demo on every exercise and the sets, reps and weekly progression written in. Cancel anytime, and every membership comes with my 30-day guarantee.

SEE KNEEHAB SKI

thekneehaber.com/ski

Educational content, not medical advice. If your knee is swollen, locking, or giving way, get it looked at in person before you train or ski.

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