Ski Pre-hab

With the winter upon us and ski season just around the corner, here are a couple of great pre-hab exercises to get you fit, strong and ready to hit the slopes.

https://vimeo.com/336003022

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia