**OFF-ICE Cool Down EXERCISES**

**PRONE BRIDGE**
Start propped up on elbows and toes, hold abs braced to keep back straight.

**SIDE BRIDGE**
Start in Prone Bridge then rotate to 1 side and hold, keep abs braced.

**ALT LEG LOWERING**
Start with both legs up. Alternate lowering each leg close to floor w/out allowing back or pelvis to rock.

**CRUNCHES**
Start flat on back with knees slightly bent. Brace abs then crunch up slightly to lift shoulder blades off the floor

**PLANK**
Start in Plank with abs braced and body in straight line then rotate to 1 side and hold body still and straight.

**SIDE PLANK**
Start in Plank with abs braced and body in straight line then rotate to 1 side and hold body still and straight.

**STANDING HAMSTRING**
Both feet point straight ahead

**Calf Stretch**
Both feet point straight ahead.

**Straddle Sit**
Keep knees straight and spine long

Image excerpts from "Strength Conditioning & Injury Prevention Training Manual Kat Arbour/Ice Dynamics. Used with permission. USFS Basic Skating Skills Bridge Program."