

Learn to Skate Training Guidelines

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ICE DYNAMICS

Aerobic/ Cardio	2 day/wk
Upper & Lower Body Strength	2 day/wk
Agility & Plyometrics	1 day/wk
Core	3-5 day/wk
Flexibility	3-5 day/wk

Complete each exercise in the circuit, rest 1-2 minutes then repeat the whole circuit for 2-3 sets

Day 1	<i>rep x sets</i>	<i>weights</i>	<i>comments</i>
Lower Body			<i>db=dumb bell</i>
Split Squat	10 X 3		
Side Step Lunges	8 X 3		
Chest Fly	8 X 3		
Back Fly	8 X 3		
Single Leg Squat	8 X 3		
Alternate Lunge Jumps	8 X 3		

Core & Flexibility	<i>See Warm Up Guideline</i>
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Day 2	<i>rep x sets</i>	<i>weights</i>	<i>comments</i>
Cardio	15-20 min	70-80% Hrmax;	<i>bike, jog, cardio equipment</i>
Core & Flexibility			<i>See Warm Up Guideline</i>

Day 3	<i>rep x sets</i>	<i>weights</i>	<i>comments</i>
Total Body			<i>db=dumb bell</i>
Split Squat	8 X 3		
2 & 1 Ft Cone Jumps	8 X 3		<i>Forward</i>
1 Ft Heel Raise	8 X 3		
Chest Press or Push Up	8 X 3		
Row or Chin-Up Hang	8 X 3		
Ball Toss - 1 Ft Balance	8 X 3		

Cardio	15-20	70-80% Hrmax;	<i>bike, jog, cardio equipment</i>
Core & Flexibility			<i>See Warm Up Guideline</i>

Day 4	<i>rep x sets</i>	<i>weights</i>	<i>comments</i>
Upper Body			<i>db=dumb bell</i>
Push Ups	8 X 3		
Row (Bands)	8 X 3		
Squat	8 X 3		
2 Ft Box Jumps (4" - 8")	8 X 3		
Side Raise (Lateral Raise)	8 X 3		
Shoulder Raise to Front	8 X 3		

Core & Flexibility	<i>See Warm Up Guideline</i>
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