

**US Figure Skating Bridge Program
Warm Up & Cool Down Guidelines**

USFIGURE SKATING

OFF-ICE WARM UP - DAILY BEFORE SKATING

EASY QUICK HOPS

- Jump Rope Jump 14 sec, rest of 15 sec, repeat 3 times
- Ankle Bounces 10 reps x 2 sets
- Jumping Jacks 10 reps x 2 sets
- V-Jumps 10 reps x 2 sets

FUNCTIONAL STRETCHES – Balance and hold each position for 2 sec. Repeat 8 times/leg.

- Walking Quad Stretch
- Walking Lunge Stretch
- Side Step Lunge

WARM UP STRETCHES - Hold each position for up to 10 sec. Repeat once.

- Standing Hamstring
- Kneeling Hip Flexor
- Kneeling Quad
- Shoulder & Upper Chest
- Calf Stretch

QUICK PACE MOVEMENTS – Quickly complete each exercise back and forth for 50 feet.

- Grapevines
- Power Skips
- Sprints

ROTATION JUMPS – Land on 2 feet, practice with appropriate supervision. Limit the total number of rotation jumps to less than 10.

- Half or Full Rotation Jumps

OFF-ICE WARM UP - DAILY AFTER SKATING

CORE

- Prone Bridge Hold for 10 sec X 3 sets
- Side Bridge Hold for 10 sec on each side X 3 sets
- Alt Leg Lowering 8 reps on each leg X 3 sets
- Crunches 8 reps X 3 sets
- Plank/Side Plank Hold for 5 sec on each side x 3 sets

FLEXIBILITY - HOLD each stretch 20 sec/side, repeat 2 sets

- Standing Hamstring
- Calf Stretch
- Straddle Sit
- Kneeling Hip Flexor
- Pretzel/ITB
- Modified Splits
- Kneeling Quad Stretch
- Spirals

Developed for US Figure Skating by
Kat Arbour/Ice Dynamics
[http:// www.icedynamics.net](http://www.icedynamics.net)