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