

# Learn to Skate Warm Up Guidelines

Kim Arbour ' www.icedynamics.net 267  
476 2000, kat@icedynamics.net

## ICE DYNAMICS WARM-UP

<b>Warm up before first session and each session if more than 30 min rest</b>	
<b>JUMP ROPE</b> Jump rope for 30 sec, rest 30 sec	about 200 jumps total. Repeat 4 times
<b>FUNCTIONAL STRETCHES</b>  High Knee Hold Walking Quad Stretch Walking Lunge Stretch	2 sec hold for each position. Repeat 8 times for each leg
<b>WARM UP STRETCHES (especially if you are sore)</b>  170 Standing Hamstring 193 Kneeling Hip Flexor & Kneeling Quad 186 Shoulder & Upper Chest Stretch 181 Calf Stretch	up to 10 sec, 2X's/leg
<b>Quick Pace Movements</b>  Side Shuffles Grapevines Power Skips	Moving 50 ft each way
<b>ROTATIONAL JUMPS</b>	10 jump/snap/out

### At the Rink Core Exercises and Cool Down Stretches for Flexibility

<b>Core</b>	<b>Daily</b>	<b>Rep x Sets</b>	<b>Weights</b>	<b>Comments</b>
127	Prone Bridge	10 sec x 3		
	Side Bridge	10 sec x 3		
136	Alt Leg Lowering (Straight K')	8 x 3		
140	Crunches	8 x 3		
S-1	Horizontal Obliques, Face Band	8 x 3		Bands + partner

<b>Flexibility</b>	<b>Daily</b>	<b>Rep x Sets</b>	<b>Weights</b>	<b>Comments</b>
170	Standing Hamstring - Supported	20 sec x 2		
181	Calf Stretch	20 sec x 2		
188	Straddle Sit	20 sec x 2		
193	Kneeling Hip Flexor	20 sec x 2		
192	Pretzel/TB	20 sec x 2		
196	Modified Splits	20 sec x 2		
193	Kneeling Quad Stretch	20 sec x 2		
185	Spirals	20 sec x 2		