

US Figure Skating Bridge Program  
Weekly Workout Schedule

# USFIGURE SKATING

<b>STRENGTH TRAINING</b>	2 days / week
<b>CARDIO</b>	2 days / week for 15min at 75% of Max Heart Rate
<b>CORE</b>	3-5 days / week
<b>FLEXIBILITY</b>	3-5 days / week

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Strength Training: complete each of the 8 exercise in the circuit 10 times, rest 1-2 minutes then repeat the whole circuit for 2-3 sets, depending on conditioning level.

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## DAY 1

**STRENGTH TRAINING** 10 reps for each exercise

- Squat
- Side Step Lunges 1 or 2 Ft Box Jumps (4" - 8" step)
- Chest Fly
- Back Fly ("T")
- 1 or 2 Ft Heel Raise, floor or foam
- Split Squat
- Alternate Lunge Jumps

**CORE & FLEXIBILITY** (see Cool Down section)

## DAY 2

**CARDIO** 15 minute at 75% of age-predicted max heart rate

**CORE & FLEXIBILITY** (see Cool Down section)

## DAY 3

**STRENGTH TRAINING** 10 reps for each exercise

- Step Forward Lunge
- Single Leg Squat
- 1 line Agility drills
- Standard Push U[
- Row
- Lateral Raise Squat
- Ball Toss with 1 Ft Balance Squat
- 2 & 1 Ft Forward Cone Jumps Squat

**CORE & FLEXIBILITY** - (see Cool Down section)

## DAY 4

**CARDIO** 15 min at 75% of age-predicted max heart rate

**CORE & FLEXIBILITY** (see Cool Down section)

## DAY 5

**CORE & FLEXIBILITY** (see Cool Down section)

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

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