## US Figure Skating Bridge Program

### Weekly Workout Schedule

**USFIGURE SKATING**

<table>
<thead>
<tr>
<th><strong>STRENGTH TRAINING</strong></th>
<th>2 days / week</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CARDIO</strong></td>
<td>2 days / week for 15min at 75% of Max Heart Rate</td>
</tr>
<tr>
<td><strong>CORE</strong></td>
<td>3-5 days / week</td>
</tr>
<tr>
<td><strong>FLEXIBILITY</strong></td>
<td>3-5 days / week</td>
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</tbody>
</table>

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

### 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

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