

US Figure Skating Bridge Program
Weekly Workout Schedule

USFIGURE SKATING

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

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.

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)