



**ICE DYNAMICS DAILY OFF-ICE WARM UP : Warm up before 1st session & each session if more than 30 min rest**

**Jump for quickness, not height over the rope      Jump for 30 sec, rest for 30 sec, repeat 4 times.**

Jump Rope

**Balance and hold each position for 2 sec. Repeat 8x's per side**

- High Knee Hold
- Walking Lunge Stretch
- Walking Quad Stretch
- Side Stepping Lunge Stretch

**Hold each position for up to 10 seconds. Repeat 2x's per side**

- Standing Hamstring
- Kneeling Hip Flexor to Kneeling Quad
- Shoulder & Upper Chest
- Calf Stretch

**Complete each exercise at a quick pace for a distance of 50 feet, repeat 2 sets.**

- Grapevines
- Side Shuffles
- Power Skips
- Sprints

**Rotation Jumps**

Half or Full Rotation Jumps

**Land on 2 feet, practice with appropriate supervision and shoes.**

*Limit the total number of rotation jumps to less than 10.*

**DAILY OFF-ICE COOL DOWN - AFTER SKATING: Core Exercises and Stretch for Flexibility      3-5 Days per Week**

**CORE Exercises**

- 127 Prone Bridge **Hold for 10 sec X 3 sets**
- 128 Side Bridge **Hold for 10 sec on each side X 3 sets**
- 136 Alternate Leg Lowering **8 reps X 3 sets**
- 130 Plank/Bird Dog **8 reps X 3 sets**
- 140 Crunches **8 reps X 3 sets** lift ribs, keep belly button facing straight up to ceiling

**FLEXIBILITY**

**HOLD each stretch 20 sec/side, repeat 2 sets.**

- 170 Standing Hamstring - Supported Stretch
- 181 Calf Stretch - step (achilles tendon)
- 193 Kneeling Quad Stretch
- 193 Kneeling Hip Flexor Stretch
- 192 Pretzel Stretch
- 189 Straddle Sit - Side Bend
- 190 Supine Hamstring Stretch
- 196 Modified Splits
- 183-5 Spiral Series

**STRENGTH TRAINING      20-30 minutes of strength exercises for all major muscle groups 3-4 Days per Week**

**Complete 10 reps of each exercise in the circuit, rest 1-2 minutes then repeat the whole circuit for 3 sets.**

Day 3	Day 2	Day 1
(10 reps X 3 sets)		
78 Split Squat	79 Step Forward Lunge	76 2 Foot Squats
81 Side Step Lunge	84 Single Leg Squat	82 Forward Step Up (Slow on Down)
51 Chest Press	28 1 Line Agility Drills	107 1 or 2 Ft Box Jumps (4" - 8" step)
39 Reverse Fly	54 Standard Push Up	51 Chest Press
84 Single Leg Squat	46 Row	39 Back Fly ("T")
103 Alternate Lunge Jumps	52 Chest Fly	66 1 or 2 Ft Heel Raise
45 Row or Chin Up Hang (10 sec)	64 Ball Toss with 1 Ft Balance	78 Split Squat
37-8 Shoulder Raise to Front & Side	115 2 & 1 Ft Forward Cone Jumps	103 Alternate Lunge Jumps
<b>Cardio Training - 15-20 minutes</b>	<b>Cardio Training - 15-20 minutes</b>	<b>Cardio Training - 15-20 minutes</b>
<b>Core &amp; Flexibility - 15 min after workouts</b>	<b>Core &amp; Flexibility - 15 min after workouts</b>	<b>Core &amp; Flexibility - 15 min after workouts</b>

**CARDIO TRAINING      15-20 minutes of continuous exercise such as riding a bike      2-3 Days per Week**

**CORE and FLEXIBILITY TRAINING      3-5 Days per Week**