



Off Ice Fitness #2

- ◆ Conditioning
- ◆ Agility
- ◆ Power
- ◆ Strength
- ◆ Core Strength
- ◆ Balance

**Designed Specifically for
Pre-Juvenile/Juvenile/Intermediate
Skaters and Coaches**

The following training levels are detailed in this publication – beginner skill level, intermediate skill level, and advanced skill level. Please train in the zone based on your abilities and advance as your training progresses. Training levels are determined by the following criteria:

Beginner Training Level – No prior experience with off-ice training

Intermediate Training Level – 1 year or less training off-ice with a trained allied health professional.

Advanced Training Level – Two or more years of experience training off-ice with a trained allied health professional.

All of these exercises have been separated into the following categories for off-ice development:

Conditioning
Agility
Power
Strength
Core Strength
Balance

Recommended Strength Trainer Instructor Qualifications

- A. Degree in exercise, physical education or sports science related field (preferably a master's degree).
- B. Certification and membership through a professional association related to sports training (i.e., National Strength and Conditioning Association, American College of Sports Medicine, etc).
- C. Membership through a professional association related to figure skating, (i.e., Professional Skaters Association or the United States Figure Skating Association),
- D. Maintenance of continuing education credits within the instructor's specific professional association.
- E. Current working knowledge of the physiological and biomechanical characteristics and performances involved in various levels of skating. Able to perform an individual assessment of each skater.
- F. Knowledge of the concepts and principles involved in strength and conditioning training of the prepubescent athlete involving proper program design, exercise technique, safety and spotting.
- G. CPR certification (from the American Heart Association or the Red Cross).

How do I find a certified conditioning specialist? To contact a certified conditioning specialist in your area, you may want to contact a certifying agency such as:

- American College of Sports Medicine at (800) 486-5643
- American Council on Exercise at (800) 825-3636
- National Strength and Conditioning Association (NSCA) at (719) 632-6722

Be sure that the specialist that you choose is knowledgeable about working with young athletes and has an understanding of the requirements of skating.

**All of the following exercises are intended to be used for healthy athletes.
Should you have an injury or training limitation
please consult your doctor or trainer for modifications.**

CONDITIONING

When using these exercises for aerobic training, warm up for approximately five minutes and then continue at your aerobic training heart rate for 20 minutes or longer. If you are using these exercises for anaerobic training, warm up for approximately five minutes and then continue in timed intervals. For example, at a high intensity you may do each exercise for two minutes and then walk around the room to recover for 30 seconds to a minute. Repeat these intervals three to six times.

Beginner Training Level

Step Benches - Straddle Step

- A. Straddle the bench by placing one leg on either side of the bench. The bench will be lengthwise.
- B. Begin by stepping up with the right foot then the left, and then back down with each foot. Each time straddling the bench.
- C. Alternate lead legs.
- D. For variety change the speed of stepping.

Calisthenics with the Sport Cord - Figure 8 Running

- A. Lay two sport cords on the floor end to end with approximately one foot between them.
- B. Start at the end and run in a figure eight pattern around each cord and then back to the beginning.
- C. Repeat and continue.

Exercise Tips

1. Be careful when running around cords that you do not step onto the cord or displace the cord from the handle.
2. For a challenge, make the space between the cords larger.

Intermediate Training Level

Step Benches - Lunges

- A. Start with both legs on top of the bench with the bench lengthwise.
- B. Begin lunging down with each leg alternating, as the weight remains on top of the bench.
- C. Push the toe down to the floor and then quickly switch feet at the top.
- D. Use the arms to add intensity by pushing upward or downward with the same arm as leg being used.

Calisthenics with the Sport Cord - Cross Jacks over the Cord

- A. Lay a sport cord stretched out onto the floor.
- B. Stand with feet straddling the cord.
- C. Jump to a cross-footed position, clearing the cord and then jump back to starting position.
- D. On the second repetition reverse your feet position so that the opposite foot is in front.

Exercise Tips

1. Be sure to clear the cord each time you jump across it.
2. Keep your head up and arms out.

Advanced Training Level

Step Benches - Over the Top

- A. Start on the side of the step.
- B. Beginning with the right leg, step up sideways with the right leg, quickly bringing the left up while moving across the step and coming down the other side with the right leg and tapping with the left.
- C. Movement continues with the left leg leading as the skater travels across the other direction.
- D. The pattern is step-together-step-tap, step-together-step-tap.
- E. Variety can come with propulsion in the movement over the top.

Exercise Tips

1. When stepping on the bench, place the entire foot on top of the platform. Do not allow any part of the foot to hang over the edge.
2. Step up and down lightly and quietly.
3. If using propulsion, push off the toes and use extension through the foot as you then land back on the toes.

Calisthenics with the Sport Cord - Slalom Ski & Jog

- A. Lay a sport cord stretched out onto the floor.
- B. Stand at the end and begin by jumping with feet together across the cord in a zig/zag pattern, moving forward and clearing the cord with each jump.
- C. Land on the ball of the feet lightly and push off with the toes,
- D. When the end of the cord is reached, return to the beginning by jogging backward down the side of the cord.
- E. Each time alternate sides beginning and returning.

Exercise Tips

1. Land lightly on the balls of the feet and push off with the toes.
2. If you ski jump five times, you will be able to alternate sides automatically.
3. For a challenge, use two cords and progress through the distance of two cords laid out.

AGILITY

Intermediate Training Level

Ladders - Quick Steps

- A. Begin facing ladder. Feet will be shoulder width apart.
- B. Arms will be extended out to side.
- C. Quickly step forward with the right foot stepping into the first ladder space.
- D. Lift your left knee to waist height.
- E. Quickly step forward into the next space with your left foot and lift your right knee to waist height.
- F. Continue until you reach the end of the ladder.
- G. Move quickly and lightly backward returning to the beginning of the ladder.
- H. Forward and backward is one set.

Exercise Tips

1. Use high knees while moving forward, maintaining upright body alignment.
2. Quick steps when returning backwards. This exercise focuses on foot speed.
3. Keep your head up and look straightforward.
4. Stay quick and light on the balls of your feet.

Perform three sets (one set is forward and backward) with a 10-second rest period between each set.

Ladders -Cross Over Steps to Right and Left

- A. Stand with the rungs of the ladder to your right.
- B. Start with your feet shoulder width apart. Arms will be extended out to the side.
- C. Quickly step to the side into the first space with your right foot.
- D. Cross over the right foot with your left foot, placing your left foot into the next space.
- E. Continue until you reach the end of the ladder.
- F. Return the other direction doing the same thing, stepping first with the left foot and crossing over with the right foot. Continue until you reach the end.
- G. Both directions is one set.

Exercise Tips

1. Keep your head up.
2. Make sure your hips remain in a firm position while doing the crossovers. No twisting hip movement.
3. Stay quick and light on your feet, this exercise focuses on foot speed.

Perform 3 sets (one set is right and left) with 10 second rest period between each set. One set is right and left.

* The previous ladder exercises may be modified (as explained below) if you do not have a ladder at home.

- ✓ Use sport cords for the sides of the ladder by laying them end to end on the floor. Use masking tape or electrical tape to create the steps in the ladder. You can also use sport cords for the steps in the ladder by laying them on the floor horizontally about two feet apart from each other.
- ✓ Rope or string can be used as well to make ladder patterns on the floor.

Single Step Cross Backs

- A. You will be moving laterally focusing on footwork speed.
- B. Begin with feet together and have your arms extended out to the side.
- C. Move quickly stepping sideways to the right.
- D. Cross the left foot behind the right foot fully extending the left leg. The right foot will remain flat on the ground with the toes facing forward. (You will be in a forward cross over progressive stroking position.)
- E. Now move quickly to the left foot doing the same activity. Cross the right foot behind to a fully extended position.

Exercise Tips

1. Keep your head up and shoulders level.
2. Make sure hips remain still with no twisting action.
3. Be sure the standing knee is aligned straight over your foot.
4. Stay quick and light throughout the exercise and focus on your core strength to stabilize balance.

Perform two sets of 10 reps (one rep is right to left) with a 10-second rest period between sets.

Advanced Training Level

Double Step Cross Backs

- A. You will be moving laterally, focusing on footwork speed.
- B. Begin with your feet together and have your arms extended out to the side.
- C. Move quickly stepping sideways to the right.
- D. Cross in front of the right foot with the left foot.
- E. Take another step sideways with the right foot and cross the left foot behind the right foot fully extending the left leg. (You will be in a forward cross over progressive stroking position.) The right foot will be flat on the ground.
- F. Hold this position for two seconds.
- G. Now step quickly to the left foot, crossing in front of the left foot with your right foot.
- H. Take another step sideways with the left foot and cross the right foot behind to a fully extended leg position. The left foot will be flat on the ground with the toes facing straightforward. Hold this position for 2 seconds.
- I. Stepping to the right and then back to the left is one repetition.

Exercise Tips

1. Keep your head up and shoulders level.
2. Stay quick and light throughout the exercise; focus on your core strength to stabilize balance.
3. Be sure the standing leg knee is aligned straight over your foot.
4. Hips must be still with no twisting action.

Perform two sets of 10 repetitions with a 10-second rest period between sets. One repetition is to the right and then back to the left.

Side Hops

- A. Place a 25-foot line of tape on the ground.
- B. Begin standing on the right leg perpendicular to the tape.
- C. You will be moving laterally to the right along the piece of tape.
- D. Body position during the exercise: your left leg is extended (abducted) out to the side. Arms are extended out to the side. Your nose, standing hip, knee and ankle are aligned.
- E. Let your body weight lean slightly to the right until this momentum necessitates a hop to the right. Continue hopping sideways the entire length of the tape.
- F. Return the opposite direction repeating the same activity on the left foot.
- G. Side hops to the right and back to the left are one set.

Exercise Tips

1. Keep your head up
2. Make sure your nose, standing hip, knee and ankle are always aligned, particularly when your body weight is falling to initiate the hop.
3. Hips and shoulders remain level with no twisting action.

Perform two sets in each direction (one set is right and left) with a 30-second rest period between sets.

POWER

Beginner Training Level

Utilize the yellow sport cord

Axel Take-Off

- A. Stand with your back to an immovable object. The sports cord is secured around the ankle of your free leg, while the other end is fastened around an immovable object.
- B. Initiate the movement as if you are performing the movement into the air of an Axel or Salchow jump.
- C. The take-off leg will have a slight knee bend during the action.
- D. The movement of the hip should continue until your knees and hips are parallel to the ground.
- E. Slowly return to the starting position.

Exercise Tips

1. Hips and shoulders stay aligned throughout the movement.
2. Maintain tension on the resistance cord so you are not pulled out of position or out of alignment.
3. Keep your head up and eyes focused straight forward.

Perform three sets of eight reps with a 30-second rest period between sets.

Leg and Arm Check-Outs

- A. Three resistance cords are needed.
- B. One cord is attached around the checkout ankle and an immovable object.
- C. The athlete holds the other two cords. One cord in the right hand and one cord in the left hand. Both of these cords are attached to the immovable object in front of the athlete.
- D. Progress to the checkout position. Extend free leg back as far as possible without lifting the free hip. Your arms will extend to the appropriate checkout position.
- E. Slowly return to the starting position.

Exercise Tips

1. Hips and shoulders are square.
2. Maintain tension on the resistance cords so your arms and legs are not pulled back to the starting position or out of alignment.
3. Keep your head up and eyes focused straight forward.

Perform three sets of eight reps with a 30-second rest period between sets.

Ankle Bounces

- A. Stand erect, feet approximately shoulder-width apart.
- B. Begin a quick, accelerated jumping action (ankle, knee and hip extension) by jumping off the floor, emphasizing pushing-through the balls of the feet.
- C. Use a double-arm-swing action, jumping as high as possible with a quick landing and take-off on the balls of the feet.

Exercise Tips

1. Make sure your knees are slightly bent on landing.
2. This is an excellent plyometric drill for enhancement of a skater's toe-jumps, and overall speed strengthening of the ankle/foot joint area.

Perform three sets of 10 reps with a one-minute rest period between sets.

Intermediate Training Level

Utilize the green sport cord

Axel Take-Off

- A. Stand with your back to an immovable object. The sports cord is secured around the ankle of your free leg, while the other end is fastened around an immovable object.
- B. Initiate the movement as if you are performing the movement into the air in an Axel or Salchow jump.
- C. The take-off leg will have a slight knee bend during the action.
- D. The movement of the hip should continue until your knee and hip are parallel to the ground.
- E. Slowly return to the starting position.

Exercise Tips

1. Hips and shoulders stay aligned throughout the movement.
2. Maintain tension on the resistance cords so your arms and legs are not pulled back to the starting position or out of alignment.
3. Keep your head up and eyes focused straight forward.

Perform three sets of eight reps with a 30-second rest period between sets.

Leg and Arm Check-Outs

- A. Three resistance cords are needed.
- B. One cord is attached around the checkout ankle and an immovable object.
- C. The athlete holds the other two cords. One cord in the right hand and one cord in the left hand. Both of these cords are attached to the immovable object in front of the athlete.
- D. Progress to the checkout position. Extend free leg back as far as possible without lifting the free hip. Your arms will extend to the appropriate checkout position.
- E. Slowly return to the starting position.

Exercise Tips

1. Hips and shoulders are square.
2. Maintain tension on the resistance cords so your arms and leg are not pulled back to the starting position.
3. Keep your head up and eyes focused straight forward.

Perform three sets of eight reps with a 30-second rest period between sets.

Single-Leg Power Skips

- A. Step onto the right foot, bending at the ankle, knee and hip. At the same time, pull your arms back along side your body.
- B. As you jump, rapidly pull both arms forward as in an axel jump, lifting the left knee as the same time. The movement is repeated on the other side.

Exercise Tips

1. Be concerned with the upward movement, not the forward movement of the skipping.
2. Be aware that the landing is soft, land toe, ball, heel and knee bend. The landing is preparation for the next jump.

Perform three sets of eight with a one to one-and-a-half minute rest period between sets.

Advanced Training Level

Utilize the red sport cord

Axel Take-Off

- A. Stand with your back to an immovable object. The sports cord is secured around the ankle of your free leg, while the other end is fastened around an immovable object
- B. Initiate the movement as if you are performing the movement into the air in an Axel or Salchow jump.
- C. The take-off leg will have a slight knee bend during the action.
- D. The movement of the hip should continue until your knees and hips are parallel to the ground.
- E. Slowly return to the starting position.

Exercise Tips

1. Hips and shoulders stay aligned throughout the movement.
2. Maintain tension on the resistance cords so your arms and legs are not pulled back to the starting position or out of alignment.
3. Keep your head up and eyes focused straight forward.

Perform three sets of eight reps with a 30-second rest period between sets.

Leg and Arm Check-Outs

- A. Three resistance cords are needed.
- B. One cord is attached around the checkout ankle and an immovable object.
- C. The athlete holds the other two cords. One cord in the right hand and one cord in the left hand. Both of these cords are attached to the immovable object in front of the athlete.
- D. Progress to the checkout position. Extend free leg back as far as possible without lifting the free hip. Arms will extend to appropriate checkout position.
- E. Slowly return to the starting position.

Exercise Tips

1. Hips and shoulders are square.
2. Maintain tension on the resistance cords so your arms and leg are not pulled back to the starting position.
3. Keep your head up and eyes focused straight forward.

Perform three sets of eight reps with a 30-second rest period between sets.

Single-Leg Box Take-Offs

- A. Stand in front of a 12" plyometric box with one leg on the box, the other leg on the floor.
- B. With a quick, accelerated push or jump, jump off the box into the air, while in the air switch legs and then land with the opposite leg on the box, other leg on the floor.
- C. As soon as contact is made with the opposite leg on the box and the free-leg on the floor, quickly push off the box and floor into another jump take-off.

Exercise Tips

1. This is an excellent plyometric exercise to enhance jump height off the ice.
2. Key points: use ankle, knee and hip extension while taking off the box, and a fully extended body position in the air.
3. Use a powerful double-arm-swing with your arms.
4. Keep your head up and eyes focused forward.

Perform three sets of six reps with up to a two-minute rest period between sets. The single-leg box take-offs will be performed on a 10" or 12" plyometric box.

STRENGTH

Beginner Training Level

Utilize yellow sport cord

Squat to Press with Tubing

- A. Stand with feet shoulder width apart and arms bent at a 90-degree angle.
- B. This exercise requires two sports cords. Place one end of a cord under your left foot and one end of the other cord under your right foot and grasp the handles. With the cords secured beneath each foot, make sure that the cords are equal lengths.
- C. Movement begins with the drop of the hips and knees as you lower your body so that the quadriceps are parallel to the floor.
- D. Squat down, feet remain flat on the floor with your weight equally distributed between the ball of your foot and the heel. The knees are over your shoestrings but not over your toes, upper torso remains tight.
- E. Once at the parallel squat position, begin to slowly extend hips and knees to the start position.
- F. Once in the starting position slowly extend elbows until arms are completely extended over head. The biceps brachia will be covering your ears.
- G. Slowly bring elbows back to 90 degrees and the exercise is repeated.

Exercise Tips

1. Maintain head in a neutral position with eyes focused straight ahead and remain in this position for the entire exercise.
2. While performing the squat do not allow the knees to extend over the toes. The action should feel like you are sitting down in a chair.
3. Hold abdominal muscles tight throughout the exercise.
4. As you progress in strength use only one sports cord.

Perform three sets of 10 repetitions with a one-minute rest between sets.

High Pull with Sport Cord

- A. Stand on the sport cord with your feet hip width apart and knees slightly bent.
- B. Hold one handle in each hand.
- C. The cord must be secured under the ball of your foot.
- D. Arms are like two strings hanging from your shoulders - relaxed.
- E. Upper torso is rigid, with your abdominal muscles isometrically contracted.
- F. Body weight is equally distributed between the ball of the foot and the heel.
- G. The back remains flat and buttocks are out.
- H. Movement begins with the hips and knees starting to extend, with hips moving forward and up. Arms remain straight with elbows out.
- I. Extend explosively upward while shifting your weight onto the balls of your feet.
- J. Raise up on the balls of your feet and shrug shoulders upwards, causing the tubing to accelerate upward until it reaches chest height.
- K. Athlete returns to the starting position and the exercise is repeated.

Exercise Tips

1. Head is in a neutral position with your eyes focused straight ahead. Head will remain in this position for the entire exercise.
2. Hold abdominal muscles tight throughout the exercise.

Perform three sets of 10 repetitions with a one-minute rest period between sets.

Intermediate Training Level

Dumbbell Squat to Push Press

- A. Stand with your feet shoulder width apart, toes slightly pointed out, and slight knee bend.
- B. Dumbbells are held just above the shoulders with palms facing out.
- C. Movement begins with the bend of the hips and knees as you lower your body to a parallel squat position.
- D. As you squat down, feet remain flat on the floor, with your weight equally distributed between the ball of your foot and the heel. The knees are over your shoestrings but not over your toes, upper torso should remain tight.
- E. Once at the parallel squat position, begin to slowly extend hips and knees to the start position.
- F. Once in the starting position slowly extend elbows until arms are completely extended over head. The biceps brachia will be covering your ears.
- G. Slowly bring elbows back to 90 degrees and the exercise is repeated.

Exercise Tips

1. Maintain head in a neutral position with your eyes focused straight ahead and remain in this position for the entire exercise.
2. Hold abdominal muscles tight throughout the exercise.

Perform three sets of eight repetitions with a rest period of one to two minutes between sets.

Bench Press with Tubing

- A. Stand with feet shoulder width apart and knees slightly bent.
- B. Elbows are bent at a 90-degree angle.
- C. Your back is to an immovable object and the resistive cords are connected to the immovable object.
- D. Slowly extend the elbows until completely locked out in front of the body.
- E. Slowly bring the elbows back to 90 degrees and the exercise is repeated.

Exercise Tips

1. Maintain head in a neutral position with your eyes focused straight ahead and remain in this position for the entire exercise.
2. Adjust the tension of the sport cord so you are not pulled out of position or alignment.
3. Hold abdominal muscles tight throughout the exercise.

Perform three sets of eight repetitions with a one to two minute rest period between sets.

Advanced Training Level

Dumbbell Squat to Push Press

- A. Stand with your feet shoulder width apart, toes slightly pointed out, and slight knee bend.
- B. Dumbbells are held just above the shoulders with our palms facing out.
- C. Movement begins with the bend of the hips and knees as you lower your body to a parallel squat position.
- D. As you squat down, feet remain flat on the floor, with your weight equally distributed between the ball of your foot and the heel. The knees will be over your shoestrings but not over your toes, upper torso should remain tight.
- E. Once at the parallel squat position, begin to slowly extend hips and knees to the start position.
- F. Once in the starting position slowly extend elbows until arms are completely extended over head. The biceps brachia will be covering your ears.
- G. Slowly bring elbows back to 90 degrees and the exercise is repeated.

Exercise Tips

1. Maintain head in a neutral position with your eyes focused straight ahead and remain in this position for the entire exercise.

Perform three sets of six repetitions with a two to three minute rest between sets.

Bent-Knee Dead Lift

- A. Stand with your feet hip width apart and slight knee bend.
- B. Your arms are like two strings hanging from your shoulders – relaxed.
- C. Upper torso is rigid, with your abdominal muscles isometrically contracted.
- D. Your back is “flat” with the buttocks out and hips up and flexed.
- E. All weight is distributed towards the heel.
- F. The movement of the bar starts with a slow and controlled descent, keeping the bar close to the legs through the entire exercise.
- G. Movement occurs at the hips; the knees remain in the exact position as in the start of the exercise.
- H. The bar is lowered 6-8 inches below the knee or as you start to lose the “flat” back position. Then raise the bar in the same slow controlled manner as the descent, keeping the bar close to the legs.
- I. The torso and hips are fully extended, however you never completely extend or “lock-out” the knees. Knees stay slightly flexed at all times. Exercise is then repeated.

Exercise Tips

1. Head is in a neutral position with eyes focused straight ahead.
2. Chest is out, and shoulder blades are squeezed together.

Perform three sets of six repetitions with a two to three minute rest period between sets.

CORE STRENGTH

Most exercises in a strength training routine use core body muscles. Therefore, it is best to do these exercises near the end of your workout so that you don't tire your core muscles too early.

Beginner Training Level

Back Extension

- A. Lie face down on the floor with your arms lying on the floor next to your side or stretched forward beyond your head.
- B. SLOWLY raise your head, shoulders, arms and legs from the floor.
- C. Hold this position for a count of three, and then return to the starting position. Repeat. Legs are kept straight throughout the exercise.
- D. A variation of this exercise would be alternating arm and leg lift. Lift right arm and left leg off the floor, then repeat with left arm and right leg.

Exercise Tips

1. Contract your abdominal to keep spine neutral and hips on the floor.
2. Keep head and neck aligned with spine when lifting.
3. Keep arms shoulder width apart and lift your arms and legs the same height from the floor.

Perform three sets of 10-15 reps with a 30-60 second rest period between sets.

Abdominal Curls

- A. Lie on your back, knees bent, feet flat on floor, hands behind your neck or hands across your chest.
- B. Slowly lift your head and shoulders off the floor as one unit
- C. Be sure to maintain the neutral alignment in your neck as you lift.
- D. Your chin should remain three to four inches off your chest throughout the entire movement.
- E. Alternate arm positions are:
- F. Fingertips to forehead with elbows pointing towards the knees.
- G. Extended arms close to your sides and parallel to the floor reaching forward as you curl.

Exercise Tips

1. Perform curls slowly for optimal strength gains.
2. Neck remains soft and hands do not pull on the neck.
3. Lift your head and shoulders as one unit.

Perform two sets of 10-15 reps with a rest period of 30-60 seconds between sets.

Prone Bridge

- A. Start by lying on your stomach and place your forearms on the floor.
- B. Flex your ankles so that you are on your toes.
- C. Tighten your stomach muscles, keep your body in a straight line from your feet to your shoulders.
- D. Hold this position for 10 seconds. (Do not let your hips sag or raise up.)
- E. Keep shoulders blades in a straight and relaxed position.

Exercise Tips

1. Be sure to hold stomach muscles tight.
2. Have a straight line through your body.
3. Keep your shoulders relaxed and straight.

Hold raised position for 10 seconds; repeat three to five times with a 30-45 second rest period between sets.

Intermediate Training Level

Back Extension

- A. Drape your entire body over the physio ball; face down with feet on the floor so that you are completely supported by the ball.
- B. With arms crossed in front of the chest, raise torso and bring it level with the rest of the body. Hold this position one count, then slowly lower back to the starting position.

Exercise Tips

1. This exercise is to be performed slowly and with control.
2. Make sure the stomach and back are tight to keep the torso in a straight position.
3. Contract your abdominal to keep spine neutral and hips on the ball.
4. Keep head and neck aligned with spine when lifting.

Perform three sets of 10-15 reps with a rest period of 30-60 seconds between each set.

Bicycles

- A. Lie on your back, with your hands behind your neck.
- B. Bring your right knee to your chest and extend your left leg away from your body.
- C. At the same time, take your left elbow to your right knee.
- D. Repeat exercise on other side.

Exercise Tips

1. Neck remains soft with no pulling from the hands.

Perform two sets of 15-20 on each side with a rest period of 30-60 seconds between each set.

Abdominal Twists

- A. Lie on your back with your knees to your chest, feet crossed and knees slightly apart.
- B. Place your hands behind your neck for support.
- C. Lift your chest off the floor and twist your right elbow to your left knee, then lower to the floor and repeat to other side.
- D. Throughout this exercise your elbows should remain out to the side and slightly in front of your shoulders.

Exercise Tips

1. Arms are used to support head. No pulling from head or neck.
2. Concentrate on using the abdominal muscles to execute the twist.

Perform two sets of 15-20 reps with a rest period of 30-60 seconds between each set.

Advanced Training Level

Back Extension

- A. Lie prone on a bench with the hips and legs supported by the bench, and the torso bent 90 degrees off the end of the bench.
- B. Hold a 5-10 pound weight in arms folded against the chest. Raise your torso to bring it level with the rest of the body. Hold this position one count, then slowly lower back to the starting position.

Exercise Tips

1. This exercise is to be performed slowly and with control.
2. Make sure to keep the stomach and back tight to keep the torso in a straight position.
3. Contract your abdominal to keep spine neutral and hips on the floor.
4. Keep head and neck aligned with spine when lifting.

Perform three sets of 10-15 reps with a 30-60 second rest between sets.

V – Sits

- A. Balance on your buttocks.
- B. Keep your abdominal muscles pulled in and your back straight.
- C. Keep knees to chest with arms extended forward along side your knees to keep balance.
- D. Extend both legs forward until they are about 12 inches off the floor and pull your upper body back as if reclining in a lounge chair.

Exercise Tips

1. Maintain a straight back as you recline
2. Legs and back stay equal distance from the floor when reclining.

Perform two sets of 15-30 reps with a 30-60 second rest between sets.

Flutter Kicks

- A. Sit on the floor in a reclining position, buttocks and lower back on the floor.

- B. Support yourself on your elbows, right leg extended and up over pelvic girdle while left leg is extended forward and 12 inches off the floor.
- C. Change legs and keep repeating.

Exercise Tips

- 1. Keep lower back on the floor – do not arch!
- 2. Perform this exercise in a slow controlled manner.

Perform two sets of 20-25 reps with a 30-60 second rest between sets.

BALANCE

Beginner Training Level

Physio Ball Balances

- A. Start with your knees pressed up against the ball, and place your hands on the ball
- B. Slowly roll up onto the ball onto your hands and knees.
- C. Stay in that position and gain your balance.
- D. While on the ball tighten your abdominal muscles and focus on maintaining your balance.

Exercise Tips

- 1. While on the ball, maintain balance with your hands and feet off the ground.
- 2. Concentrate on keeping your abdominal muscles strong.
- 3. Keep your eyes focused straight ahead.

Perform three sets of 30 seconds or until fatigue is felt. Rest 45 seconds between sets.

Beginner and Intermediate Training Level

Utilize yellow or green sport cord

Extension Balance with Sport Cord

- A. Wrap the band completely around your right ankle and securely hook the handle over your toe to hold in place.
- B. Attach the other end to a post, door, or stable object. Back up until the tension is at the desired level and bend both knees. You should be in a balanced stance on both legs and facing the stationary object.
- C. Move your right leg slowly backward into a camel or spiral extension position. During this activity lift and extend your torso forward into the camel/spiral position.
- D. Now return to the starting position in a slow controlled manner.
- E. Repeat this activity on the left leg.

Exercise Tips

1. You will not be holding on to anything so focus on balancing over your standing leg while moving the free leg slowly back and forth through the entire range of motion.
2. Work in a slow controlled motion.
3. Lift and extend the torso and arms prior to moving the free leg.
4. Keep your eyes focused straight forward.

Perform three sets of 30 seconds on both sides or until fatigue is felt. Rest 45 seconds between sets.

Intermediate Training Level

Physio Ball Balances

- A. Press your knees up against the ball and place your hands on the ball.
- B. Slowly pull up onto the ball onto your hands and knees and gain your balance.
- C. Extend the right hand out in front of you, while keeping the left hand and both knees on the ball in a balanced position.
- D. Lower the right hand and extend the left hand out in front of you, while keeping the right hand and both knees on the ball in a balanced position.

Exercise Tips

1. This is designed to throw off your center of gravity so concentrate on strong core body muscles to stabilize your balance.
2. Keep your eyes focused straight forward.
3. To make the exercise more difficult try it with weights in your hands.

Perform three sets of 30 seconds on both sides or until fatigue is felt. Rest 45 seconds between sets.

Advanced Training Level

Extension Balances with Sport Cord

- A. Wrap the band completely around your right ankle and securely hook the handle over your toe to hold in place.
- B. Attach the other end to a post, door, or stable object. Back up until the tension is at the desired level and bend both knees. You should be in a balanced stance on both legs and facing the stationary object.
- C. Make a quarter turn to the left and swing the right leg in a slow and controlled manner forward and backward
- D. Hold your torso solidly upright over the leg you are standing on.
- E. Repeat this activity on the other leg.

Exercise Tips

1. This is a good way to practice stabilizing the landing position as well as balancing over the skating side.

Perform three sets of 30 seconds on both sides or until fatigue is felt. Rest 45 seconds between sets.

Physio Ball Balances

- A. Start in the upright and balanced position as described in the intermediate skill level.
- B. Extend the right arm in front of you.
- C. While maintaining a balanced position, slowly lift the left knee off the ball and extend the leg behind you, keeping your abdominal area tight and stable.
- D. Repeat this exercise using the opposite arm and leg.

Exercise Tips

1. Work in a slow and controlled manner.
2. Focus on keeping your abdominal area tight.
3. Keep your eyes focused straight forward.

Perform three sets of 30 seconds on both sides or until fatigue is felt. Rest 45 seconds between sets.

**FITNESS
PLANS & GOALS**

Name: _____ Age _____ Date _____

Coach: _____

Maximum Heart Rate (MHR): _____

Aerobic Training Zone (70-85% MHR) _____

Anaerobic Training Zone (85-95% MHR) _____

My rating of my present level of fitness:

	Average	Above Average	Excellent
Upper body strength			
Upper body power			
Lower body strength			
Lower body power			
Core body strength			
Cardiovascular conditioning			
Flexibility			

Fitness goals for the next skating season

Please be specific. Example - increase flexibility in hip flexors, increase cardiovascular endurance, increase strength in hips and shoulders, etc.

1. _____
2. _____
3. _____
4. _____
5. _____

Competition schedule for the next season: (Please list competitions and dates)
