Warm Up Exercises

Jump Rope

Using a fast twirl, rapidly jump up and down using spring in the feet and ankles, not in knees.

V-Jumps

Start with opposite arm and foot to the front. With small jumps, quickly alternate the lead foot and arm on each jump.

Walking Quad Stretch

Bring heel to butt and press hips forward.

Standing Hamstring

Keep hips square.

Kneeling Hip Flexor

Keep belly button facing straight ahead.

Ankle Bounces

Rapidly jump up and down using spring in the feet and ankles, not in knees.

Walking Lunge Stretch

Keep belly button facing straight ahead.

Jumping Jacks

Jump feet wide and together while bringing arms over head then down to hips.

Side Step Lunge

Step directly to the side, keep head, knee and toe in straight line.

Calf Stretch

Keep toes facing wall and keep the back heel down on the floor.

Chest Stretches

Clasp hands behind hips and stretch arms down towards floor. Roll shoulder back to open chest. Do not let back arch.

Kneeling Quad

Bring heel to butt and press hips forward.

Grapevines

Running sideways to the left, alternate bringing the right foot over then under the left.

Power Skips

Skip at full speed to cover as much distance and height with each skip.

Sprints

Run near full speed to cover as much distance and height with each step.

Rotation Jumps

Jump up to feel the lift then rotate half or full turn. Land with feet uncrossed and parallel.
Off-Ice Cool Down Exercises

**Prone Bridge**
- Start propped up on elbows and toes, hold abs braced to keep back straight.

**Side Bridge**
- Start in Prone Bridge then rotate to 1 side and hold, keep abs braced.

**Alt Leg Lowering**
- Start with both legs up. Alternate lowering each leg close to floor w/out allowing back or pelvis to rock.

**Crunches**
- Start flat on back with knees slightly bent. Brace abs then crunch up slightly to lift shoulder blades off the floor.

**Plank**
- Start in Plank with abs braced and body in straight line then rotate to 1 side and hold body still and straight.

**Side Plank**
- Start in Plank with abs braced and body in straight line then rotate to 1 side and hold body still and straight.

**Standing Hamstring**
- Both feet point straight ahead.

**Calf Stretch**
- Both feet point straight ahead.

**Straddle Sit**
- Keep knees straight and spine long.

**Kneeling Hip Flexor**

Keep hips square.

**Pretzel/ITB**

Twist to the outside of bent knee.

**Modified Splits**

Use yoga block or step stool under front thigh if unable to do a full split.

**Kneeling Quad Stretch**

Use the opposite hand to foot.

**Spirals**

Balance while doing spiral position.
**Strength Training Exercises**

**Squat**

Start with feet and knees pointing straight ahead then bend down until thighs are parallel with floor. Keep spine straight, not rounded.

**Side Step Lunges**

Stand on 1 foot then step directly to the side onto a bent knee. Line up nose, knee and foot in vertical line. Return to standing and rebalance before continuing.

**1 or 2 Foot Box Jumps (4” - 8” Step)**

Stand by box, bend knees and swing arms back, then jump up onto box. Hold the landing on the box and also when landing on the floor (1 or 2 feet) until balanced, with the knee in line with the toe.

**Chest Fly**

Anchor band behind you. Hold arms wide out to sides then bring arms in front on chest. Keep abs firm and stand up straight.

Anchor band in front of you. Hold arms out in front of chest then bring arms wide out to the sides. Keeps abs firm and stand up straight.

**Heel Raises**

Stand on floor or curved side of 1/2 foam roller. Lift heels off the floor keeping weight on middle toes. Slowly lower heels down.

**Back Fly (“T”)**

Start in lunge position, jump to switch arms and legs then land in lunge with opposite foot and arm in front.

**Alternate Lunge Jumps**

Start with feet split apart front to back about 18”. Bend both knees 90 degrees, keeping the front knee in line with the front foot.

**Split Squat**

**Step Forward Lunges**

Balance on 1 foot and take large step forward. Roll through the heel and onto the flat of the foot as the knee bends. Push off of the heel of the front foot and return to standing balance, do not touch down between reps.

**Single Leg Squat**

Balance on 1 foot and bend knee (90 degrees max) keeping knee over toe. When able, stand on foam pad for added balance challenge.

**Standard Push Up**

Start in Plank with abs braced to keep back straight. Bend elbows to lower body towards floor, then push up to return to Plank.

**Ball Toss - 1 Foot**

Balance on 1 foot facing partner or concrete wall and toss a ball back and forth. Stand on foam pad to increase balance challenge.

**Row**

Anchor band in front of you. Hold arms out in front of chest then bring arms back while drawing shoulder blades down and back. Hands come close to chest. Keeps abs firm and stand up straight.

**Lateral Raise**

Anchor band by standing on it. Lift arms out to side up to shoulder height, palms down and elbows soft.

**2 or 1 Foot Forward Cone Jumps**

Line up 8 cones about 2-3 feet apart. Quickly jump over the cones. If on 2 feet, make sure feet are touching during flight.

**One Line (V) Drills**

- Start to side of line.
- On 2 feet, jump sideways over line for 8 jumps (back and forth 4 times)
- Continuing on the left foot, jump sideways over line for 8 jumps
- Continuing on the Right foot, jump sideways over line for 8 jumps
- Immediately turn to face the line, jump on 2 feet forward and backward over line for 8 jumps
- Continuing on the left foot, jump forward and backward over line for 8 jumps
- Continuing on the Right foot, jump forward and backward over line for 8 jumps.