

# \_\_\_\_\_’s Warm Up for Skating Practice!

Warming up both off and on the ice is SO important in getting our muscles ready to practice and keeping us safe and from getting hurt! Here’s a super cool awesome warm up that I’m gonna do EVERY time that I skate!!

Circle 3 Dynamic Exercises to get warmed up and ready!

Jog for one minute (around or in place)	30 high knees	30 jumping jacks	leg swings (holding onto something)
Jump Rope for one minute	Side shuffles or grapevines	Skipping	Arm swings
3 butt kicks	Walking knee hugs	Neck rolls	Turn up some music and dance for two minutes!

Circle 2 stretches to prevent muscle tension!

Toe touches	Ankle rolls	Lunge
Shoulder stretch	Quad stretch	Spiral practice

## On Ice Warm Up

To get warmed up and ready for my lesson, I am going to do these 4 things

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Some Ideas:

- Stroke both ways
- One lap of swizzles
- Forward and backward pumps
- Forward crossovers on a circle
- Backward crossovers on a circle
- Edges.