

# ICE-O-METRICS LOW IMPACT - CLASS A

This class is perfect for skaters who are just starting out, with injuries, or for those who prefer a gentler, safer way to get fit. You will only need a timer (lots of free apps for your phone for this), a mat, and just a little free space. Print this out, fill in the date, and check off as you go! Fill in any notes you have at the bottom (how you felt, what was hard, what was easy, etc).

**Date:**

## Warm Up and Mobility

Do your best for each - 40 seconds with no rest in between

Jog in Place		Bodyweight Squats	
Jumping Jacks		Alternating Knee Lift Balance	
Puddle Jumpers		Side to Side Leg Sweeps	
Butt Kickers		Tin Soldiers	
Inch Worms		Cat and Cow	
Quadrupedal Thoracic Rotations Right		Quadrupedal Thoracic Rotations Left	

## Low Impact Strength Training for Figure Skaters

Do as many high quality repetitions as you can in 40 seconds with 10 seconds rest in between - You will do 2 sets of each exercise, doing highlighted pairs together back and forth as a set (twice) before moving to the next pair of exercises. Write down your reps each set!

Squat to Side Leg Lifts		Walnut Crushers	
Stationary Lateral Lunges		(Elevated) Modified Push Ups	
One Leg (Sit Spin) Get Ups		Bent Over I, Y, T	
Hovering Knees		Bird Dogs	
Static Plank (modified if needed)		Seated Leg Lifts	
Dead Bug		Glute Bridge	

## Low Impact Figure Skating Skills

Do as many high quality repetitions as you can in 1 minute with no rest in between - You will do 2 sets of each exercise, doing highlighted pairs together back and forth as a set (twice) before moving to the next pair of exercises. Focus on excellent form!

Low Impact Hip Flips		Double Footed Quarter Jumps	
Jump Position Hops to Land		Scratch Spin Balances	

## Cool Down, Flexibility

Hold each stretch for 40 seconds with no rest in between

Lying Spinal Twist Right		Lying Spinal Twist Left	
Seated Forward Fold		Butterfly	
Side Lying Quad Stretch Right		Side Lying Quad Stretch Left	
Walk the Dog		Cobra	
Low Lunge Right		Half Split Right	
Low Lunge Left		Half Split Left	
Camel Pose		Child's Pose	