

Off ice Conditioning Exercises

Dynamic Warm-up:

- Toes and heels
- quads and gluts
- Kicks and Spirals (feet flat)
- Lunges (forward and side)
- High knees and butt kicks
- Skips and two-foot long jumps
- One foot hops (straight then zig-zag)
- Karaoke (face same direction each way)
- Sprints

Core/arm/leg Exercises: (time/reps will vary per person as conditioned)

- Variation crunches 20-50 each direction (regular, side, side, flat w/ toes pointed)
- Roll-ups (10-20)
- Russian twists (level 1,2,3) (1 min x 2-3 reps)
- Alternating V-ups (10-20 each side)
- Full V-ups (5-15)
- Six-twelve inches (flutter kicks, figure eights, scissor) (1-2 min)
- Jack Knives (10-25)
- Bicycle (uphill, down hill, stationary) (1-3 min)
- Dead man floating (1-3 min)
- Partner throw downs; front, side, side (10 each direction without hitting floor)
- Planks (1-4 min) sides and back variations 30 sec each
- Push ups (descending, triangle, clap)
- Bench dips (10 x 3-5 reps)
- Wall sits (with weights if accessible) 1-4 min
- Arms (1-7 min as conditioned)
- Side hip ups (10-15 each side x 1-3 reps)
- Swimmers (1-3 min)
- Super mans (10-20 each side x 1-3 reps)

Aerobic exercises:

- Running (1-3 miles as conditioned)
- Elliptical (if accessible)
- Bicycle (stationary or moving; weather permitting)
- "Rockies/intervals" (skating laps around rink) 5-20 min as conditioned
- Jump Rope
- Trampoline (proper use with safe surroundings) 10-15 min. straight jumping

Stretching: 5-10 min before and after workout

Personal preference; target areas include:

- Arms
- Hamstrings
- Calves/shins (stair raises, runners stretch)
- Quads
- Gluts
- Back