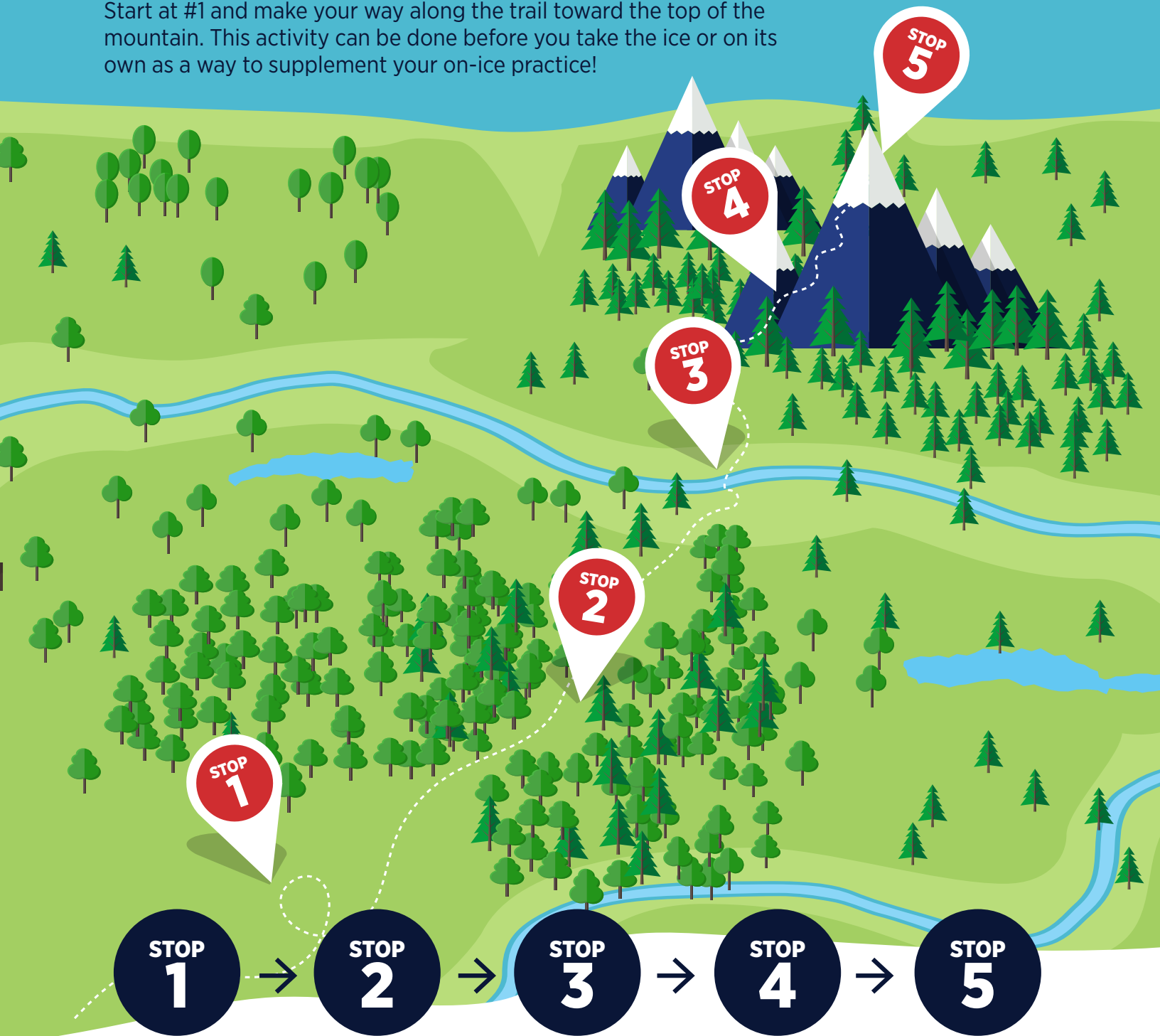


Explore the Great Outdoors!

LEARN TO
SKATE
USA

Get your muscles moving with this adventurous off-ice challenge.

Follow the trail as you stop and perform exercises to boost your skating. Start at #1 and make your way along the trail toward the top of the mountain. This activity can be done before you take the ice or on its own as a way to supplement your on-ice practice!



**STOP
1**

Cross the valley.
Run in place or jog for 2 minutes.

**STOP
2**

Hike through the forest.
Perform 8 walking lunges on each side.

**STOP
3**

Cross the creek.
Perform 15 jumping jacks.

**STOP
4**

Climb the mountain.
Climb the mountain. Skip 20 times in a row.

**STOP
5**

Admire the view from the top.
Hold a 30-second balance on each leg, 3 times.