SWEAT & STRETCH

Flexibility is essential for success in skating, and regularly engaging in an off-ice stretching routine will improve your flexibility over time. Challenge yourself to focus on flexibility with this fun two-part workout! First, complete the dynamic warm-up "sweat" routine to ensure that your muscles are warm and your body is ready for stretching. Then, complete the stretching routine to increase your overall flexibility. When you're finished, check the box indicating the day of the week you completed a full #SweatAndStretch session.

How many can you complete over the course of a week?

Track your progress and share your completed routine with **#LearnToSKateUSA**

- ☐ **SUNDAY**
- ☐ **MONDAY**
- ☐ **TUESDAY**
- ☐ **WEDNESDAY**
- ☐ **THURSDAY**
- ☐ **FRIDAY**
- ☐ **SATURDAY**

SWEAT

- ☐ Jogging (1 minute)
- ☐ Neck rolls: 8 each direction
- ☐ Ankle rotations: 8 each direction
- ☐ Trunk twists: 8 each side
- ☐ Knee hugs: 4 each side (alternating sides)
- ☐ Glute pulls: 4 each side (alternating sides)
- ☐ Walking lunges: 4 each side (alternating sides)
- ☐ Straight-leg kicks: 8 each side (alternating sides)
- ☐ High knee run: 10 yards or 30 in place
- ☐ Butt kickers: 10 yards or 30 in place
- ☐ Grapevine: 10 yards each direction or 10 complete sets on each side
- ☐ Toe and heel raise: 10 full repetitions
- ☐ Skips: 10 yards or 20 in place
- ☐ Jumping jacks: 10 repetitions

STRETCH

- ☐ Seated hamstring stretch (30 seconds)
- ☐ Hip flexor Stretch (30 seconds each side)
- ☐ Butterfly stretch (30 seconds)
- ☐ Standing quadricep stretch (30 seconds each side)
- ☐ Laying down figure four stretch (30 seconds each side)
- ☐ Standing IT band stretch (30 seconds each side)
- ☐ Half split stretch (30 seconds each side)
- ☐ Downward dog (30 seconds)
- ☐ Standing side bend (30 seconds each side)
- ☐ Cross body arm stretch (30 seconds each side)
- ☐ Seated pretzel stretch (30 seconds each side)
- ☐ Prone chest and shoulder stretch (30 seconds each side)
- ☐ Child's pose (30 seconds)
- ☐ Front split (30 seconds each side)
- ☐ Standing spiral (30 seconds each side)
- ☐ Standing calf and ankle stretch (30 seconds each side)