

WINTER WORKOUT CHALLENGE

Don't let the cold bother you this winter!

Try out Learn to Skate USA's on-ice winter workout challenge to keep your muscles warm and your heart pumping. This three-circuit workout challenges all of your muscle groups and ensures you get the most out of your on-ice workout.

START
HERE

5 MINUTES
of forward
or backward
continuous skating.
No breaks!

15 PUSHUPS
against the boards.
Feel your chest
and arm muscles
working.

**10 DIPS,
LUNGES, OR
SHOOT-THE-DUCKS**
from blue line
to blue line.

**10
CORE-CENTRIC
BALANCING SKILLS**
(one-foot glide, spiral, etc.).
Feel the tension in
your core and back
muscles.

**REPEAT
THIS CIRCUIT
2 MORE
TIMES!**

1-MINUTE
rest and water
break.

1 LAP
around the rink
as fast as you
can.

