

30 DAY SKATERS CHALLENGE



Power & Endurance	Core & Strength	Balance/Flexability	Skate Day	REST	ISU Hour Workout	Stretch & Rest
~ 5 High Skips ~ 5 High Knees ~10 Skater Side Hops	~5 Hand Walkouts ~10 Lunges with a twist ~10 Extension Kicks ~10 Russian Twists	~Splits - hold all for a count of 30 seconds ~Spirals - hold for 1 minute each ~Tree pose - hold for a minute each side	~ 1 ft. pulls around ice - fwd & bwd ~ 1 ft. dips		<i>Articulate Bodies Movement Class</i> * Will mat and 2 light weights	<i>Stretching Routine for Flexibility</i> Katheryn Morgan
~5 Heel Clicks ~5 Double Heel Clicks ~ 5 Split Half Turns ~5 Full Turns Figure Skating Jumps/Mary	~30 sec. Wall Sits with Knee Lifts ~30 SEC. EACH (2 SETS) Loaded Beast Burpees Kick Sit to Bridge Jump Lunge 6 Minute Animal Flow	<i>Improve Your Balance with Simple Exercises</i> Lazy Dancer Tips *Need a tennis ball or a ball of socks	~ONE TIME AROUND ICE Shoot the Duck Lunges Spirals ~Back Spin to Jump Out		<i>Off - Ice Rotational Exercises</i> *Will need exercise band	<i>The Ultimate Stretching Sequence for Your Splits</i> Coach Julia
20 Minute Pylo HIIT Workout at Home Caroline Girvan	15 Minute Flat Belly & Strong Core (Ballet Abs Workout) MadFit	Intense Workout for Skaters Balance & Strength SofaBar Fitness	~Hydroplane ~Spread Eagle ~Ina Bauer		<i>Strength and Pylometrics with Stephane L.</i> *Will need mat, excercise band, weights, and water.	<i>Yoga for Hips and Lower Back Release</i> Yoga with Adriene
The Best 20 Minute Dance Cardio HIIT Workout EVA The Studio by Jamie Kinkeade	12 Minute Core HIIT Workout Nicole Pearce	Simple Excercises to Improve Your Balance Lazy Dancer Tips	~Split/Stag Jump ~Corkscrew Spin ~Twizzles		Stay Fit - Full Body Workout with Aljona *Will need mat, 2 light weights, exercise band, and stick	15 Minute Full Body Stretch - Daily Routine - Day 7 Mady Morrison
Best Workout for Figure Skaters SofaBar Fitness	12 Minute Hip Mobility Routine Tom Merrick		Each day is only a 10 - 20 minute session, with one exception. The Blue days are an hour- long workout. Plan your week around the Blue days. For Example: Start on Monday to have your long workout on Saturday, Sunday for a Friday workout, etc. Skate Days are only suggestions, you can use them or skate as normal. Most days are only a online video (just click on the day). All videos (and more!) are in the 30 day Skaters Challenge Playlist @ youtube/Skate Kugelmann			