
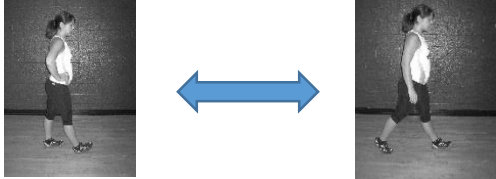
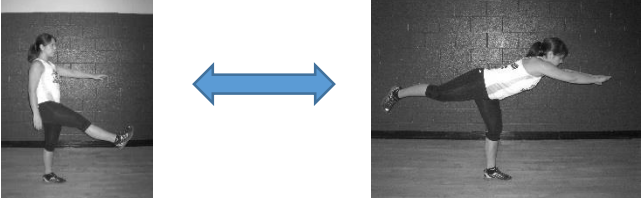

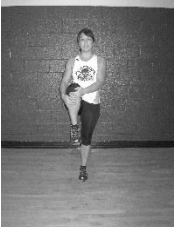


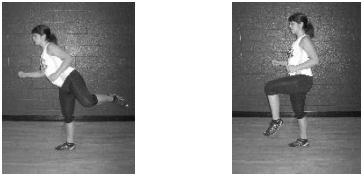


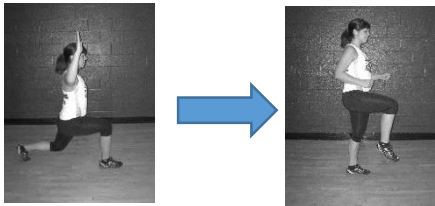
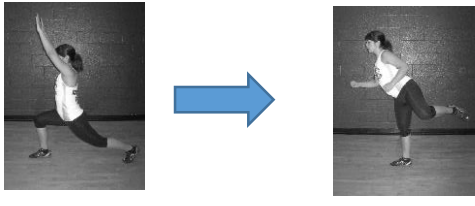
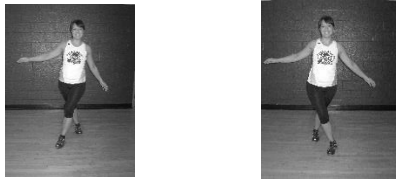


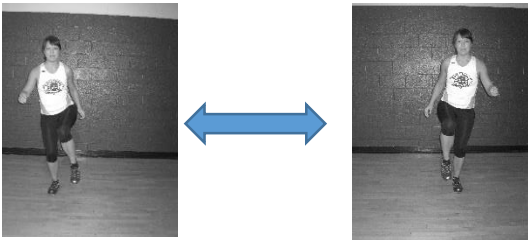


Off-Skate Dynamic Warm Up

<p>Heel Walk - forward Toe Walk</p>	
<p>Heel to Toe Walk – forward Toe to Heel Walk - backward</p>	
<p>High Kick to Single Leg Windmill</p>	
<p>With the following moves you will be moving across the gym floor: Roll off your toes to take the next step Quad Pull – Grab foot to add shin stretch</p>	
<p>Knee to Chest / Shin Grab</p> 	<p>Moving Forward Hip Closer Walking → Skipping</p> 
<p>Ankle Pull Up/ Knee Push Down</p> 	<p>Moving Backwards Hip Opener Walking → Skipping</p> 





<p>Forward Lunge w/ Hip Closer & Arms Overhead</p> 	<p>Backwards Lunge with Hip Opener & Arms in 90/90 (football goal post)</p> 
<p>Karaoke: Ankle cross over forward & back; increase speed height</p> 	<p>Single leg squat with lateral hip reach</p> 
<p>Double Ankle Hops: Mini Side to Side Motion Double leg ¼ Court, Single Leg ¼ Court</p> 	<p>Lateral Skater Squat Jumps – single leg</p> 
<p>Squats with Shoulder Movement: -90/90 to overhead streamline reach -Hand on back of head, thoracic rotation</p>	