

# Figure Skating

## Warm Up & Cool Down



**Jump Rope** – Jump for 30 seconds, rest for 30 seconds, repeat 4x

**Dynamic Stretches** – Balance and hold position for 2 seconds; repeat 8x per side  
 High Knee Hold | Walking Lunge Stretch | Walking Quad Stretch | Side Stepping Lunge Stretch

**Static Stretches** – Hold each position for up to 10 seconds; repeat 2x per side  
 Standing Hamstring | Kneeling Hip Flexor to Kneeling Quad | Shoulder & Upper Chest | Calf Stretch

**Plyometrics** – Complete each exercise once down the dock  
 Grapevines | Side Shuffles | Power Skips | Sprints

**Off Ice Jumps** – Half or Full Rotation; Land on 2 feet; appropriate shoes; no more than 10

**Flexibility** – Hold each stretch 20 seconds/side; repeat 2 sets

**Standing Hamstring** Stretch your hamstrings (rear-thigh muscles) and your lower back as these get a lot of use skating. If you have lower-back problems, do the same exercise while lying on your back on the floor and extending your leg upward.



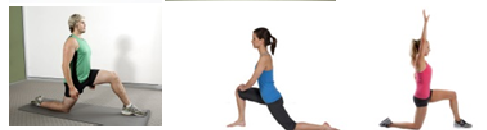
**Calf Stretch** The calves are one of the most overused and overlooked muscles in the body. As a figure skater, stretching your calves is a must, since tight, shortened calves can lead to injury. Strong calves can give you more power and explosion. Weak calves are often the leading cause of common maladies such as shin splints, calf strains, and even plantar fasciitis. Because they take on such a critical role in skating mechanics, your calves require a lot of maintenance.



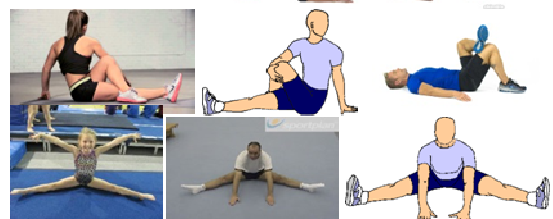
**Kneeling Quad Stretch** This really stretches the Rectus Femoris muscle as it crosses both the hip and knee joints. However, don't perform this stretch if you have any kind of knee injury, as it is pretty hard on the knee.



**Kneeling Hip Flexor Stretch** Your hip flexors are located on your upper thighs just below your hipbones. These muscles allow you to bend at the waist and to lift your knees. Stretching your hip flexors prevents both hip and lower back pain.



**Pretzel Stretch** Common stretch for the Glutes and Outer Thigh (and a little bit of the back). Days spent sitting at desks create tightness in our hips which restricts our



**Straddle Sit** Keep your back lengthened and your knees and toes pointing upward. Allowing the back to become round reduces the stretch on the hamstrings and the adductors. Enter the stretch in a controlled manner and breathe evenly throughout the



**Supine Hamstring Stretch** You should feel this stretch at the back of your thigh and behind your knee. Do not pull at your knee joint. Supine stretching may better isolate the hamstrings, allow improved relaxation and, in general, be safer and more comfortable for people with a history of low back pain.



**Modified Splits** Stretches your hips, hamstrings, calves, and low back. Strengthens your hamstrings. Increases awareness through the pelvic area. Remain upright with your hands on your hips for less intensity. If your hands are on the ground, the distance from your pelvis to your hands determines the intensity of the stretch.

**Nick Kraft, Skating Director: Independence Skating Academy at Centerpoint Community Ice**  
 Silverstein Eye Centers Arena · 19100 E Valley View Parkway · Independence, MO 64055  
 O: 816-442-6128 · M: 816-859-9920 · nick\_kraft@comcastspectacor.com